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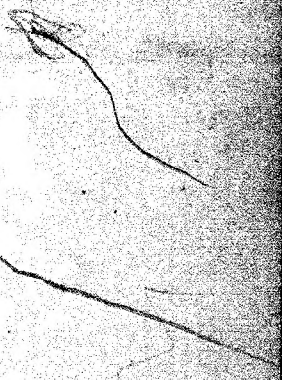

Gentility.

THE

Lady's Guide

TO

PERFECT GENTILITY,

IN

MANNERS, DRESS, AND CONVERSATION, IN THE FAMILY, IN COMPANY, AT THE PIANO FORTE, THE TABLE, IN THE STREET, AND IN GENTLEMEN'S SOCIETY.

ALSO A

USEFUL INSTRUCTOR

IN LETTER WRITING, TOILET PREPARATIONS, FANCY NEEDLEWORK, MILLINERY, DRESSMAKING, CARE OF WARDROBE, THE HAIR, TEETH, HANDS, LIPS, COMPLEXION, ETC.

BY EMILY THORNWELL.

AUTHOR OF "HOME CARES MADE EASY," ETC.

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LADY'S GUIDE

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CHAPTER I.

AGREEABLENESS AND BEAUTY OF PERSON.

THE

Lady's Guide to Gentility.

CHAPTER I.

AGREEABLENESS AND BEAUTY OF PERSON.

THE TRUE FOUNDATION OF FEMALE LOVELINESS—A HEALTHY SKIN AND FAULTLESS COMPLEXION—THE HAIR—THE TEETH—THE LIPS—THE HANDS—THE NAILS—THE FEET—THE BREATH—CHOICE PREPARATIONS FOR THE LADY'S TOILET.

THE TRUE FOUNDATION OF FEMALE LOVELINESS.

Beauty must be natural.—In order to have its full effect, beauty must be natural, and connected with perfect health. A fair skin and rosy cheek are calculated to excite admiration; but if it be discovered that they are entirely produced by paint, that admiration becomes disgust; or if owing to disease, it is changed to pity.

Necessity of careful attention to the person.—The grand preservatives of beauty are the means which impart health to the body. The reasons are, that the skin is everywhere, except on the palms of the hands and soles of the feet, pierced by innumerable little holes, which are the mouths of a set of curious little organs, which pour out upon its surface an unctuous or oily fluid, which lubricates it, and renders it soft and shining. These organs are entirely different from the pores through which the fluid of perspiration passes, and it is because the skin is rendered oily by them, that the perspiration (which resembles water) in warm weather collects in drops, as on oiled silk or on oiled paper. They are particularly large about the forehead and nose, and may be easily seen with a magnifying glass. In some persons, those about the face become obstructed, from the fluid which they form being too thick to flow out, and collecting as in a little sac, which is gradually distended, and its contents assume the appearance of curd. That part of it which fills the mouth of the organ, from being exposed to the air, turns black, and the skin around it is sometimes slightly inflamed, forming a pimple. When this is pressed between the points of the fingers, the curdy matter is forced out, in appearance much resembling a small white worm with a black

head. In fact, ignorant persons suppose them to be worms, but a magnifying glass shows what they really are.

The greatest quantity of this oily matter is poured out upon the skin in warm weather, and gives a decidedly greasy feeling, especially on the face, and if water be sprinkled on any part of the skin, it will be seen to stand in large drops, instead of spreading equally, as on paper or dry linen. Unless removed from the surface from time to time, it accumulates, and causes light dust to adhere to it, and if long neglected, obstructs its healthy function.

We have then two kinds of fluid, constantly exuding from the surface of the body, the one resembling oil, the other water, and when there is not sufficient attention paid to cleanliness, the matters accumulated on it become rancid, and impart a peculiarly disagreeable odor. The surface of the skin is well calculated to favor these accumulations, for on closely examining it, you will find that it is not even, but grooved in all directions by minute furrows, leaving between them little points or eminences, called papillæ. On the points of the fingers, these are arranged in a circular manner, and very visible. Now, if you allow ink to dry on the tips of the fingers, and then attempt to rub it off with a damp cloth, you will find that you succeed

only in part, for the ink in the grooves or furrows is scarcely touched by the cloth. This little experiment will show you the impossibility of cleansing any part of the body by mere wiping or rubbing, and as plain water makes little or no impression on anything greasy, you will perceive the necessity of using soap. In fact, without a frequent application of soap and water to every part of the skin, it cannot be kept clean.

Change of linen, &c.—By changing the linen often, much of the impurities which accumulate on the skin may be rubbed off, but enough will be left to clog its pores, and debilitate its minute vessels. Now what must we think of those genteel people who never use the bath, or only once or twice a year wash themselves all over, though they change their linen daily? Why, that, in plain English, they are nothing more or less than very filthy gentry; and you will find, if your olfactories are at all sensitive, whenever you happen to be near them, and their perspiration is a little excited by exercise, that they have a something about them which lavender water and bergamot do not entirely conceal. And what is this something? Why, it is simply the odor, occasioned by the fluids which are naturally poured out upon the surface having

become rancid, as has just been explained. In some persons, owing to some peculiarity in their constitution, this odor is far more noticeable than in others, but it is discoverable in a greater or less degree in all, when they are heated by exercise, who do not use frequent ablutions. There is one fact connected with this subject which is worthy of notice, and that is, that those persons who have enough of this odor about them to be perceptible to others when very near them, are often unconscious of it themselves, and this, above all things, should put ladies on their guard.

Care of the feet.—There are many individuals whose feet have a very offensive odor in warm weather. In all these cases, the feet perspire excessively, and consequently become tender, and have a parboiled appearance whenever a good deal of exercise is taken. In them, the perspirations of the feet appear to have become changed from the natural state, for after washing the feet clean, and putting on clean stockings, and then being heated for a few hours, they will be found to have the peculiar odor on taking off the shoes. This peculiarly unpleasant and troublesome complaint may always be removed by a persevering use of the following means: wash the feet regularly every

morning in water, at the temperature of the weather in summer, and in that which has stood in a warm room during the winter. A little soap should also be used. In very hot weather they should be washed both morning and evening, and the stockings should be changed twice a week in winter, and three times in summer. There will be no more danger of taking cold after the practice is once well commenced, than from washing the face and hands. Woollen stockings should never be used in warm weather. By these means the offensive smell is entirely removed, and the feet are hardened, so that they will not suffer from heat and exercise.

Requisites to female beauty.—Exercise is unquestionably one of the very best means for the preservation of health; but its real importance is unknown, or but too lightly considered by the majority of females. Were they, however, to be made fully sensible of its extraordinary power in preserving the vigor of the body, in augmenting its capability to resist disease, in promoting its symmetrical development, in improving the freshness and brilliancy of the complexion, as well as its influence in prolonging the charms of beauty to an advanced age, they would shake off the prejudices by which they have been so long enthralled, and

not voluntarily abandon means so completely within their power, and so simple, of enhancing all their physical perfections. But let it be recollected, that to produce its beneficial effects, exercise must be taken in the open air. Not all the occupations appertaining to the domestic duties of a female, though they may require her to bustle from garret to cellar, will impart that kind of action to the different portions of the body by which her health and beauty shall be essentially improved. It is only by exercising in the open air, "while her cheek is visited freely by the breath of heaven," that so desirable an effect can be obtained.

One of the very best species of exercise to which a female can have recourse, is walking. It is the one which most equally and effectually exercises every part. It calls into action not only every limb, but every muscle, assisting and promoting the circulation of the blood throughout the whole body, and taking off from every organ that undue pressure and restraint to which all are subjected by a sedentary position, when long continued. This agreeable and beneficial exercise is too much neglected by females at every period of life. The more opulent would appear to consider walking, if frequently indulged in, as too vulgar an amusement; whenever they attempt it, therefore, their walks are so circumscribed, and

they move along with so little exertion, and in so listless a manner, that they forfeit very nearly every advantage their health would otherwise derive from it —and all this, lest they should happen to be confounded with the busy, bustling female, whose humble situation in life releases her from the crippling influence of fashion, and who uses her limbs in the manner nature intended they should be used; never hoping to combine in a walk, as the more fortunate of her sex would appear to do, the luxury of inaction with the benefit of motion.

To those of our fair readers who have long indulged in habits of indolent repose, a walk of from two to four miles would, no doubt, appear to be an effort far too violent to be encountered, and to be suited only to such females as are compelled by necessity to bodily labor for their daily subsistence; and yet it is precisely such an amount of exercise as they stand most in need of. By the more opulent of both sexes, bodily exertion of almost every species is viewed too much in the light of a punishment, or, at least, of a degradation from their assumed importance; and hence, one of the reasons why it is so little resorted to either as a recreation or a duty. Notwithstanding young ladies in particular may affect to contemn this noble exercise, so well adapted to the wants of individuals at every age and in every

situation of life, we can confidently recommend it to them as an effectual remedy against lowness of spirits, and the pains of *ennui;* as the best cosmetic to which they can resort for preserving the lustre of the skin, and the roseate tinge of youth and beauty.

Riding on horseback is another useful as well as graceful means of exercise, too much neglected by young females. Though we cannot say that a professed female equestrian is exactly the female we should most admire, yet we could wish to see imparted to our young ladies some portion of a similar enthusiasm for active sports. A canter for a few miles is a most admirable promoter of beauty and of health. The cheeks, the eyes, the lips and every feature of the fair equestrian, when she dismounts, possess that fresh and sparkling grace which is one of the most important requisites in female loveliness, and which can be imparted only by the purity of the blood and its brisk and equal circulation, which are produced by temperance and exercise. The pale, sickly, and languid countenance of that female whose hours of leisure have been passed without occupation within her own chamber, or in listlessly lounging upon a sofa or a couch, may present attractions to such as have selected their standard of beauty from among the victims of a round of fashionable dissipation; but every man of sense

and genuine taste will prefer the ruddy glow of health, the active, agile step, and exuberant gaiety of her who has spent some hours of every day in active exercises on foot or on horseback, in the open air; and when the capabilities of the two, for performing their duties as wives and mothers, are taken into the account, the first may receive his pity, but it is the last only that can be the object of his love.

From what has now been said, it will be perceived, that little importance is to be attached to any kind of exercise which is not carried on in the open air, so far as its beneficial effect upon the health and looks is concerned. A certain amount of open-air exercise is absolutely necessary to maintain the health and vigor of the human frame, and cannot be dispensed with, especially by young females, without serious detriment to their physical constitution.

A HEALTHY SKIN AND FAULTLESS COMPLEXION.

The proper care of the skin physiologically considered.—If the pores of the skin be stopped up, the operations of digestion must be impaired, acridity and corruption of the juices must ensue, ruining the surface of the skin, and laying the foundation for acute disease. The great object then, is to keep the pores open by cleanliness, and to give it tone by

bathing and gentle friction; and here, at the risk of being thought tautological, we shall enforce the necessity of all persons (ladies especially) passing a wet sponge over the *whole surface* of the body every morning and evening, or, at any rate, every morning, commencing with tepid water, and adopting cold water as soon as they can bear it; then let the body be thoroughly dried with a soft towel, and rubbed with a soft flesh brush, or gently with horse-hair gloves; the latter, at first, will not be very pleasant, but in a short time becomes a luxury. This habit will not only beautify the skin, and give it that transparency of complexion for which the Roman ladies were so eminent, but it will be the most effectual means of guarding against colds, and all the interruptions of the system, of which they are the fruitful source; it has a double effect, it beautifies, and it fortifies the skin. The late Sir Astley Cooper has recorded that to this habit he owed his robust health, and said, that though he was in the practice of going out of hot, crowded places at all times, night and day, without making any addition to his dress, yet he never caught a cold. In addition to the above practice, we also recommend bathing, whenever circumstances will permit it. We have no traces of the decline of this most invigorating custom, yet we know that it was a constant habit

among the ancients. The Greek mythology represents the goddess of Love rising from the sea, evidently indicating that the pure stream is the source of beauty. Lycurgus, the iron-hearted Spartan, enforced bathing by his laws, and the streams of the Eurotas daily assisted in the ablutions of the maidens of Sparta.

The cold bath, however, does not agree with all constitutions; the person's feelings after the bath must decide its fitness; if it produces headache or excessive languor, it will do harm; the tepid bath is the most effective regenerator of the system. In the first place, it is a preventive of inflammatory diseases. In many cases, the surface of the body, in this variable climate, is chilled for some hours before the attack of external or internal inflammation; in fact, the continuance of the chilliness is finally the cause of the inflammation, by disordering the circulation of the blood, which being equalized at the commencement of the chilliness by a warm bath, generally prevents the occurrence of any acute affection of an inflammatory character. The warm bath is an admirable remedy for most of those incipient glandular affections, or ill-conditioned chronic inflammations which usually pass under the loose appellation of scrofula; and lastly, it is so advantageous in most cutaneous affections, that its applica-

tion to them scarcely needs a comment. When we add its remarkable soothing effects upon the internal organs generally, and consider all the delightful associations connected with perfect cleanliness, we cannot but be surprised that tepid bathing should be so much neglected.

The temperature of the tepid bath should range between ninety-four and ninety-eight, or blood heat, as is most agreeable to the feeling; and it is most important that no sense of exhaustion should be produced at the time of its use, and no sense of unnatural chilliness or heat immediately afterwards. A feeling of warmth and refreshment is the certain sign of its agreeing with the condition of the system.

Effect of food on the complexion.—Too rich or too stimulating food invariably impairs the digestion, and consequently injures the appearance of the skin. Now, the quality of the food required by every individual is indicated by his habits and employment. If accustomed to constant exercise of the body, it should be nutritious. If sedentary and inactive, it should be much less so. But young persons invariably do best on the simplest and but moderately nutritious fare. For instance—too large a proportion of animal food and fatty substances is pernicious to the complexion; on the contrary, a diet principally

vegetable, with the luxuries of the dairy, is most advantageous.

It has been observed by all travellers, that nowhere are finer complexions to be found than in those parts of England, Ireland, Scotland, and Germany, where the living is almost exclusively vegetable. Some, I know, have attributed this entirely to climate; but an abundance of facts can be produced, which prove that diet has also considerable influence.

Opportunities are not wanting of marking the effects of certain modes of living in our own country. We have known many large families remarkable for the simplicity of their food, whose clear skins and rosy cheeks were the envy of all who saw them, and also complexions naturally good, entirely spoiled by living too sumptuously. An elderly gentleman had a large family of daughters, whom he never indulged in rich food, or tea or coffee, from their extreme infancy; and finer complexions and more beautiful teeth would be almost a marvel. They are now all married, and have families, and are still remarkable for their health and the retaining of their freshness and youthful appearance.

A diet too rich or too stimulating, commonly renders the skin coarse, and subject to pimples, and gives it a thick, rough, and greasy appearance. Sometimes, however, it renders it pale, sallow, and

harsh. The cheek may be red, but it is not the carnation tint of health—it more resembles the flush of the dram-drinker, and arises from a similar cause, viz. too much stimulus.

Pimples and wrinkles.—With the exception of the small-pox, pimples are the most destructive enemies to beauty. They are of various kinds, and young ladies should beware of using any of the lotions or washes advertised, or even cold cream, unless assured there is in it no preparation of lead. Medical advice should always be first consulted. Warm water, instead of cold, often produces a beneficial effect. The small red pimple is caused by obstructions of the skin, imperfect circulation, hot rooms, violent exercise, intemperance of any kind, and also frequently appears after a foolish and dangerous attempt to reduce corpulency by the use of large doses of vinegar.

Wrinkles are occasioned by the obstruction or obliteration of the finer blood vessels; when this occurs, the larger veins are loaded, and protrude, as may be seen in the veins on the backs of the hands of very aged persons. Wrinkles may be prevented by preserving undiminished the action of the skin, and thus securing the assistance of the minor blood-vessels. A system of ablution and friction will insure

to persons ten years' exemption from the invasion of these disagreeable reminders of mortality, beyond the period that unassisted nature would have imparted, unless any chronic or inflammatory disease prevents; observing, however, that as age advances, tepid water instead of cold must be used for ablutions. A warm bath, with friction for a quarter of an hour with a soft flesh-brush, after being thoroughly dried, will be a great regenerator of the appearance of the skin. A nutritive, but not over-phlogistic diet is also necessary to ward off these unpleasant visitors, and we need hardly say, that temperance, air, and exercise are indispensable, and early hours equally so.

CHOICE COSMETICS FOR IMPROVING AND BEAUTIFYNG THE SKIN.

A good selection of cosmetics and kindred preparations is important for the completeness of a lady's toilette. As a general rule, to set off the complexion with all the advantage it can attain, nothing more is requisite than to wash the face with pure water; or if anything further be occasionally necessary, it is only the addition of a little nice soap. As to the use of paints, washes, &c., it is not for us to determine; but in giving the following receipts,

we have endeavored to distinguish those which are most objectionable, on account of the deleterious articles which they contain. A knowledge of their manufacture will, therefore, prevent ill consequences, if it be productive of no other good.

Cosmetic juice.—Make a hole in a lemon, fill it with sugar-candy, and close it with leaf gold, applied over the rind that was cut out; then roast the lemon in hot ashes. When desirous of using the juice, squeeze out a little through the hole already made, and with it wash the face with a napkin. This juice is said to cleanse the skin and brighten the complexion wonderfully.

Freckle wash.—Take one dram of muriatic acid, half a pint of rain water, half a teaspoonful of spirits of lavender: mix, and apply it two or three times a day to the freckles with a bit of linen, or a camel's hair pencil. White veils have a tendency to promote sunburn and freckles, by their increasing the power of the sun's light. They are also very injurious to the eyes. Green is the only color which should be worn as a summer veil.

Roman balsam for the skin.—Take one ounce of bitter almonds, one ounce of barley flour, a sufficient

quantity of honey: beat the whole into a smooth paste, spread it thinly on the skin at night, and wash it off in the morning.

Pure carmine.—Carmine is made from cochineal, and may, therefore, be safely used. It is much adulterated, but the best method of detecting such imposition is to fill a small silver thimble successively with different sorts. The finest and best sort will not weigh above one-half or two-thirds of the most inferior, being commonly adulterated with vermilion and red lead, by which means the weight is materially increased.

Rouge.—The yellow coloring matter of flowers is the most permanent. The carthamus contains a red and yellow coloring matter; the latter is easily dissolved by water, and from the red, rouge is prepared by a process which is kept secret.

Pearl powders.—Of these there are several sorts, the first and finest is a magistery of real pearls, and is the least hurtful to the complexion. It moreover gives the most beautiful appearance, but is too expensive for common use.

White salve which may be used for paint.—Take

four ounces of very white wax, five ounces of oil of almonds, one ounce of very pure spermaceti, one and one-half ounces of white lead washed in rose-water, and an ounce of camphor. Mix the whole up into a salve, which may be preferred to all other whites.

Pomade for removing wrinkles.—Take two ounces of the juice of onions, the same quantity of the white lily, the same of honey, and one ounce of white wax; put the whole into a new tin pan, in a warm place, till the wax is melted; keep stirring the mixture with a wooden spoon, till it grows quite cold. You will then have an excellent ointment for removing wrinkles. It must be applied at night, on going to bed, and not wiped off till the morning.

Soap for improving the colors.—Dilute two ounces of white soap in two ounces of lemon juice: add one ounce of oil of almonds, and a like quantity of oil of tartar; mix the whole, and stir it till it has acquired the consistence of honey.

Soap for delicate complexions.—This elegant soap may be prepared as follows: Take two ounces of blanched bitter almonds, one ounce and a half of tincture of benjamin, one pound of white soap, and a small piece of camphor. Beat the blanched almonds

to a paste, in a mortar, with the tincture of benjamin, and then add the soap, previously cut into fine pieces. This preparation cleanses and assists the complexion, and is perfectly harmless.

Cold cream.—The article sold under this name is composed of white wax, almond oil, and rose-water, in the following proportions: Take of almond oil, four ounces, white wax, one ounce. To be gently melted, and well blended with four ounces of fresh rose-water, by stirring in a warm marble mortar. The rose-water should be added very gradually.

Wash for sunburn.—Take two drams of borax, one dram of Roman alum, one dram of camphor, half an ounce of sugar-candy, a pound of ox-gall; mix these, and stir well for ten minutes or so, and repeat this stirring three or four times a day for a fortnight, till it appears clear and transparent. Strain through blotting paper, and bottle up for use.

To remove pimples.—Take half a dram of liquor of potass, three ounces of spirits of wine; apply to the pimples with a camel's hair pencil. If this be too strong, add one half pure water to it.

Remedy for nettle rash.—No other treatment is

required than freely to open the bowels; and, if it is severe or obstinate, taking a gentle emetic. It sometimes continues only a few days, but it is very apt to return, and is occasionally very troublesome to get rid of. In such cases the diet must be carefully attended to, and cooling medicines, such as the elixir of vitriol, employed.

Milk of roses.—Put two ounces of rose-water, a teaspoonful of oil of almonds, and twelve drops of oil of tartar into a bottle, and shake the whole till well mixed.

Virgin milk for the complexion.—The virgin milk which is in most general use, and which is most salutary, is a tincture benzoin precipitated by water. To obtain the tincture of benzoin, take a certain quantity of that gum, pour spirits of wine upon it, and boil it till it becomes a rich tincture. Virgin milk is prepared by pouring a few drops of this tincture into a glass of water, which produces a milky mixture. This virgin milk, if the face be washed with it, will give a beautiful rosy color. To render the skin clear and brilliant, let it dry upon it without wiping.

Lotion for eruptions of the skin.—Many advertised

remedies for cutaneous diseases have been found to be a solution of the corrosive sublimate of mercury in the almond emulsion. In chronic eruption of the skin, particularly in the last stage, when attended with scurf, the application may prove useful; but in acute cases, or even in the first stage of chronic affections of the skin, and particularly when the consequence of bad habit of body, it is a dangerous remedy, and we have met with cases of erysipelas in which its use endangered the lives of the patients.

Rose water.—Put roses into water, and add one or two drops only of vitriolic acid. The water assumes the color, and becomes impregnated with the aroma of the flowers.

Strawberry water for spots on the face.—This name is given to the liquid distilled from strawberries. When wood strawberries are used for this purpose, the water has an exquisite smell, and ladies have recourse to it at their toilettes to remove freckles and spots upon the face.

THE HAIR.

Color of the hair.—It is well known that the hair of the human head is almost always lighter, and

sometimes of a different tint, in childhood than it becomes afterward; and as old age advances, it experiences in most people, who do not become bald, the remarkable change into grey. The time at which it turns grey varies in different persons; and it is frequently accelerated by great anxiety of mind, of which singular instances have been recorded.

The turning grey is very different from falling off; the latter appears the consequence of some decay at the roots, whereas they are only the most permanent hairs which ever become grey; the strongest and darkest colored are the most liable to the change, and are longer in being shed than those which have preserved their color. Hair, when grey, appears to be in some degree transparent, and has a remarkably silvery or glistening appearance.

Treatment of the hair.—The hair should be kept as clean as possible, by daily brushing and removal of the scurf that forms upon the skin, and occasional washing with pure water, which will have no injurious effect upon the health, provided the hair is not very long, so as to make the operation of drying it very tedious. To assist in drying it thoroughly, dip the brush in a very little hair powder, and brush it out again; after that a little good perfumed pomatum may be brushed in; too much not only makes

the hair greasy, but injures it. There is a natural oil secreted by the hair, which serves to keep it in good order; sometimes this is defective, and the hair becomes dry and harsh; it is then proper to supply the deficiency by a little pomatum or oil, which gives to the hair a fine gloss.

The oil of *behn* is used in perfumery as the basis for receiving the fragrant scents of various flowers, which yield little or no essential oil by distillation, but impart their fragrance to expressed oils. It is merely a very pure oil, and when a little perfume of some kind is added, it forms the oils which are sold under the various titles. Those who wish to be economical, may substitute purified hog's lard, in which a few drops of some refined essence has been added.

When hair is allowed to grow very long without cutting, it is observed that it splits at the points, which injures its growth; this may be remedied by occasionally cutting off an inch from the ends.

Sometimes the hair becomes greasy from the too free use of oil or pomatum; it is proper to remove the unctuous matter by good brushing; but the frequent use of soap or weak alkaline ley is very injurious both to the color and growth of the hair. A little white soap dissolved in spirits of wine is more effectual and less injurious than soap alone.

After this the hair must be well washed with water.

The plentiful growth and agreeable appearance of the hair is usually promoted by general health and simple management; and more dependence may be placed on them, than on any arts which the perfumer may pretend to.

Use of the brush, removal of scurf, &c.—Scurf is permitted to accumulate on the heads of some individuals until it is difficult to remove. When the head perspires freely, this scurf is soon saturated with the perspired matter, which sojourning near the roots of the hair, so weakens its vital energy, that, at times, it will come off abundantly in the brush or comb. The skin of the head must, therefore, be kept perfectly clean, and in a state of proper tone. To effect this a brush should be used thrice a day if possible; the bristles of the brush should be strong, not too close, and should penetrate through the hair to the skin. This application of the brush, should, on rising in the morning, last half an hour, and if the hair be very thick and long, three quarters of an hour. On dressing for dinner, the brush should be again used during five or ten minutes, and about the same time just before retiring.

The removal of scurf is often facilitated by rubbing

into the hair in the morning, either hair-powder or bran, which must afterwards be well brushed out. When the scurf is very tenacious, and the hair has been neglected, it may be removed by the following means:—

The yolks of two eggs are beaten up with the juice of a lemon, and the mixture well rubbed into the hair, using a great deal of friction with the finger upon the skin of the head. The mixture is then washed off with abundance of lukewarm soft water, and the hair should then be well dried.

Washing the hair.—Many persons, imitating Byron, adopt the practice of washing the hair every morning in cold water, and allowing it to dry in coarse curls all over the head, without using either brush, comb, or towel. Hair treated in this manner emits an offensive odor, and becomes coarse and harsh. The hair may be washed with advantage now and then, dried with thick towels, and when quite dry, well brushed.

Effects of covering the head.—Night caps are very injurious, by heating the head and keeping it at a feverish temperature, and by shutting out the air, they weaken the hair, and provoke a tendency to fall off, which is greatly aggravated if the body be

in an abnormal condition, either from specific disease or from general neglect of the skin. Instead of night-caps, ladies, to keep their hair properly together during their repose, should wear a net over their hair, with meshes sufficiently large to permit the insertion of the tip of the finger.

Curling the hair.—Curling is best effected in the usual way, by papering. Using hot irons is apt to injure the hair, and the curling fluids so confidently advertised, have but a very temporary effect, and are injurious. The use of pomatums and hair-oils, will assist in curling some kinds of hair, but in other cases will be disadvantageous.

If the hair be soft and very fine, instead of washing and oiling it in the way usually directed, it will be better to clean it with a brush slightly dipped in spirits of hartshorn, or to dress it with the following composition, which will give it both a fine gloss and strength to remain in the curl:—

Cut into small pieces about two pounds of good common soap, and put it into three pints of spirits of wine or brandy, with eight ounces of potash, and melt the whole in a hot-water bath, stirring it continually with a wooden spoon. After it is properly melted, leave it to settle, pour off the liquor clear, and perfume it with any fragrant essence you prefer

This will be found to be as good, if not superior to any of the articles sold under the name of curling-fluids, and one-half cheaper.

Dyeing hair.—The hair may be turned black with different vegetable substances boiled in wine, with which the head is to be washed several times a day; but this operation ought to be continued for some time. The substances preferred for this purpose are, leaves of the mulberry, myrtle, fig, senna, raspberry, arbutus, and artichoke; the roots of the caper tree; the bark of the walnut, sumac, skins of beans, gall-nuts, and cores of cypress. It is also necessary to make use of a leaden comb.

Most of the dyes sold for the hair contain caustic, and should be used with great care. It not unfrequently happens, by mismanagement, that one head of hair appears half-a-dozen shades of color. The following receipts are quite new, and from good authority; any of the articles may be bought at the druggist's.

Take one pint common wine, two drams common salt, four drams green copperas; boil for some minutes, and then add oxide of copper two drams; boil for two minutes, take off from the fire, and then add four drams powdered nut-galls. Rub the hair with this composition, and some moments afterwards

with a warmed linen cloth, and then wash with common water.

The following is more active:—Take quicklime in stone one pound, one ounce each of yellow litharge and white lead; dissolve the lime in water, and stir in all the other ingredients. These preparations are much less injurious than those sold for the purpose, which contain caustic; and have been known to produce erysipelas on the head.

To restore the hair.—When ill-health has removed it, little more is necessary than to keep the roots moist and free from scurf. For this purpose, innumerable specifics are recommended. One of the simplest, and certainly the safest, is olive oil, slightly scented, or pomatum, made of beef or mutton suet and fresh lard, with the marrow from the bones; the latter we believe to be very efficacious. Onions rubbed on the scalp will stimulate the growth of the hair, but this is an unpleasant application. Many of the scented oils advertised give a fine gloss to the hair, but should be used with caution. Oil of walnut is much recommended for restoring the hair.

Removing superfluous hair.—For the purpose of destroying the vitality of superfluous hair, there are

many infallible remedies advertised. They usually contain a very powerful caustic, and for this reason, the skin should be thoroughly washed after using them, or inflammation will ensue. As a general rule, these preparations only destroy the trunks of the hair, without affecting the roots, so that the hair will grow again in the same place. The only method of effectually removing superfluous hair, is by means of small forceps made for the purpose. Only five or six should be removed at once, in the course of twenty-four hours, and those not close together. The parts should afterwards be washed in spirits of wine.

Choice hair oils, washes, &c.—The following recipes have been prepared with care, and may be considered quite safe and efficacious.

Jessamine pomatum.—Melt a pound of fresh, sweet lard; skin it, and when cold, wash it three times with spring water. Free it from water, and spread it an inch thick on a plate; strew it thickly with jessamine flowers.

Admirable hair wash.—This is a most excellent preparation, and is very efficient in thickening the hair, when it has fallen off, in consequence of

debility. Distill, as slowly as possible, two pounds of honey, a handful of rosemary, and twelve handfuls of the curling or tendrils of the grape-vine, infused in a gallon of new milk, from which about two quarts of the wash will be obtained.

Perfumed oils.—These are prepared by soaking cotton in fine olive oil, and spreading it in layers, over which such flowers as violets, jessamine, or roses, should be lightly strewn. The oil will thus imbibe the scent of the flowers, and should then be pressed from the cotton, and, if necessary, filtered through flannel. Most of the French scented oils are made by this process.

Palma-Christi oil, for thickening the hair.—Take one ounce of Palma-Christi oil, add oil of lavender, to scent it. Let it be well brushed into the hair twice a day for two or three months, particularly applying it to those parts where it may be most desirable to render the hair luxuriant.

Macassar oil.—There is, in fact, no such thing imported into the country, although large sums are expended in advertising and purchasing an article which passes under this name. The ingredients of

which it is composed are very simple and economical. The following is the genuine receipt:—

Take one quart of olive oil, two and one-half ounces of spirits of wine, one ounce of cinnamon powder, five drams of bergamot. Heat them together; remove it from the fire, and add a few small pieces of alkanet root; keep it closely covered for six hours, and then filter it through blotting paper.

Wash to prevent the hair falling off.—Put one pound of unadulterated honey into a still, with three handfuls of the tendrils of grape-vine, and the same quantity of rosemary tops. Distill as cool and slowly as possible. The liquor may be allowed to drop till it tastes sour.

Hair oil to prevent baldness.—Boil half-a-pound of green southernwood in one pint and-a-half of sweet oil, add half a pint of port wine. When boiled, strain it through a fine linen bag three times, each time adding fresh southernwood; then add two ounces of bear's oil, and replace it near the fire, in a covered vessel, until the ingredients are thoroughly incorporated. Bottle it closely.

THE TEETH.

How to preserve the teeth sound and white.—The teeth are bones thinly covered over with a fine enamel, and this enamel is more or less substantial in different persons. Whenever this enamel is worn through by too coarse a powder, or too frequent cleansing of the teeth, or eaten through by a scorbutic humor in the gums, the teeth cannot remain long sound, any more than a filbert-kernel can when it has been eaten by a worm.

The teeth, therefore, are to be cleaned, but with great precaution, for if you wear the enamel off faster by cleaning the outside, than nature supplies it within, your teeth will suffer more by this method, perhaps, than by total neglect. A butcher's skewer, or the wood with which one is made, must be bruised and bitten at the end, till with a little use it will become the softest and best brush for this purpose, and, in general, needs only to be dipped in pure water, without any powder whatever; and once in a fortnight, or oftener, the skewer-brush may be dipped in a few grains of fine gunpowder; this will remove every spot and blemish, and give your teeth an inconceivable whiteness. It is almost needless to say that the mouth must be well washed after this

operation, for, besides the necessity of so doing, the saltpetre, &c., used in the composition of gunpowder, would, if suffered to remain, be injurious to the gums and teeth; but has not, nor can have, any bad effect in so short a time.

The preservation of the teeth tends in no small degree to the preservation of the health, and on that ground alone is sufficient to warrant attention on this point. Very few persons, comparatively, wash their mouths in the morning, which should always be done. Indeed, this ought to be practised at the conclusion of every meal, when either animal or vegetable food be eaten; for the former is apt to leave behind it a rancid acrimony, and the latter an acidity, both of them hurtful to the teeth. Washing the mouth frequently with cold water is not only serviceable in keeping the teeth clean, but in strengthening the gums, the firm adhesion of which to the teeth is of great importance in preserving them sound and secure.

To keep the teeth in good order, in the morning, before the looking-glass, remove gently, with a very fine tooth-pick made of a crow-quill, any matter that may appear in the interstices between the teeth. Then, with a brush dipped in water, scrub them well inside and out, rubbing them horizontally, vertically, and in every direction. The teeth being thus well

scoured with the water, rinse the mouth with luke-warm water, and clean the tongue. As soon as convenient, after each meal, brush the teeth slightly and rinse the mouth; repeat this always just before retiring.

Effects of food on the teeth.—It has been ascertained that the teeth are uniformly best in those countries where the least animal food is eaten. In Ireland, Scotland, and some parts of England and Germany, where the common classes subsist almost entirely on bread, potatoes, and other articles from the vegetable kingdom, with milk and its products, they have fine white teeth, and in districts in the same countries, where any considerable quantity of animal food is used, it is asserted that the teeth are perceptibly less sound and beautiful.

In no other civilized country is there anything like as much meat eaten as in our own, and all agree that no other people have such bad teeth as the Americans. This may not be entirely owing to our diet, but is to be attributed partially to it. Usually, upon first arriving in this country, the Irish have fine white teeth, but after a few years' residence among us, their teeth turn yellow, and decay nearly as much as our own. This they commonly attribute to our climate, and never suspect that a change from

a diet of potatoes and buttermilk to fresh meat three times a day, can have any effect upon them.

The teeth are far more influenced by diet than climate. But to form an opinion from solitary examples is the height of folly, or to suppose that this or that mode of living is best because certain individuals who have adopted it are healthy, is equally irrational. Just conclusions can only be drawn from a great mass of facts. Persons may be found who have good teeth, and yet who eat little else but animal food; and others may be found who have decayed teeth, though they subsist entirely on vegetables. This proves nothing. But when you find the inhabitants of a section of country who eat no meat, possessing good teeth, and those of another who do eat it, less favored in this respect, there is, to say the least, a strong presumption that diet has something to do with the difference.

It is supposed by many that sugar is injurious to the teeth, but there is no satisfactory evidence of its being so. This notion has probably originated in the effect of sugar on carious teeth, viz. to produce pain, but upon this principle, cold water must be bad also. It is not a little remarkable, that nearly all warm-blooded animals appear to be fond of saccharine matter, and thrive well on food containing a proportion of it.

Care in applying foreign substances to the teeth.—Many persons, while laudably attentive to preserve their teeth, do them hurt by too much officiousness. They daily apply to them some dentrifice powder, which they use so vigorously as not only to injure the enamel by excessive friction, but to hurt the gums even more than by the abuse of the tooth-pick. The quality of some of the dentrifice powders advertised in newspapers, is extremely suspicious; and there is reason to think that they are not altogether free from a corrosive ingredient. One of the safest and best compositions for the purpose, is a mixture of two parts of cuttlefish bone, and one of Peruvian bark, both finely powdered, which is calculated not only to clean the teeth without hurting them, but to preserve the firmness of the gums.

Ornamental effect of a good set of teeth.—A good set of teeth is one of the most remarkable ornaments of the "human face divine." It produces a pleasurable feeling in the beholder, and, as it were, prepares her favorably for an introduction; it also preserves to the features their natural symmetry, which is destroyed when the teeth have decayed. When the side teeth are destroyed, the alveolar process becomes absorbed, the cheeks fall in, and age becomes prematurely stamped upon the counte

nance. If the front teeth are absent, the appearance of premature old age is even more strongly and more quickly exhibited, from the lips losing their only support. As forming one of the organs of articulation, the teeth are equally important; but the most important office is, undoubtedly, the mastication of the food, and the preparation of it for the digestive powers of the stomach.

Disgust occasioned by bad breath.—When the teeth have been long neglected, there forms upon them a cement-like substance, called the caries. To such an extent is this accumulation with some persons allowed to form, that it may be said, in truth, that they have not seen their teeth from early childhood.

When the disgusting effects of this accumulation are considered, it would appear impossible that any persuasion could be necessary to induce persons to obviate so great a nuisance, even on their own account; or, if they are too debased to procure their own comfort and cleanliness, at the expense of a very little care and trouble, they surely have no right to shock the senses of others who possess more delicacy and propriety of feeling than themselves. Yet so it is; and the sight and the smell are alike constantly outraged by the filthiness of people, who

seem to obtrude their faces the closer in proportion to the disgust which they occasion.

The teeth having been attended to by a thoroughly competent dentist, may easily be kept in proper order by ordinary attention; of course, constitutional derangement will destroy them; and here the habits before recommended relative to the general health force themselves upon our attention. If the whole system of training is not pursued, it will be found that ablutions and friction will assist the constitution almost miraculously. Tooth-brushes should not be too hard; soft ones are every way preferable.

Choice dentifrices.—Pure water is, of course, the dentifrice which may be used with least harm, and if used frequently enough, is all that is requisite to keep the teeth, and especially the gums, in the most healthful state. But many persons think their teeth demand something more efficacious. The following recipes are quite harmless, and will be found elegant additions to a lady's toilette.

Aromatic tooth-powder.—Take two drams finely powdered prepared chalk, two drams pure starch, two drams myrrh, one-half dram ginger, two drams cuttle-fish bones, flower of lavender, and sugar at pleasure, and mix well together.

Preservative tincture for the teeth and gums.—Take four drams of camphor, one ounce of tincture of myrrh, one ounce of tincture of bark, and one ounce of rectified spirits of wine; mix them, and put thirty or forty drops in a wine-glass of water. Pour a little of this upon your brush before you apply it to the powder, and when the teeth are clean, wash the teeth, mouth, and gums with the remainder. It will, in ordinary cases, prevent tooth-ache.

Wash for the teeth and gums.—Take the juice of half a lemon, a spoonful of claret or port wine, ten grains of sulphate of quinine, and a few drops of cologne water; mix well, and keep it in a closely stopped bottle for use.

Teeth powder.—Two ounces of Peruvian bark, two ounces of myrrh, one ounce of chalk, one ounce of Armenian bole, and the same of powdered orris root.

Teeth wash.—Two ounces of fine ground myrrh, two of Peruvian bark, two of orris root. Put these ingredients into a large bottle, with two tablespoonfuls of white sugar. Fill the bottle with alcohol, shake it thoroughly, and let it stand a week. Then pour

off all that is clear into another bottle. Steep two ounces of white-oak bark a long time in a quart of water; when it has boiled down to a pint, add it to the alcohol which has been poured off clear, and it will be fit for use. Fill again with alcohol the bottle containing the myrrh, etc., and it will make more of the wash.

THE LIPS.

Means of securing a beautiful tint to the lips.—Beautiful lips are regarded by all persons as indispensable requisites to prettiness in a lady. Nothing but excellent general health will impart to them that charming ruby tint which so delights the beholder. It has been said by an experienced medical man that a red under-lip is one of the surest indications of good health: he might have added, that it is one of the most irresistible fascinations of which a young lady can be possessed.

The weather affects the lips of some persons to such an extent as to disfigure beauty, as well as to cause much pain from soreness. A strong wind, united with a cold atmosphere, will cause so great an irritation of the delicate skin of the lips, that weeks will sometimes elapse before the effects will be entirely effaced. Ladies should be quite scrupulous

in guarding their faces from cold and wind, especially in riding.

In warm weather, cold water may be used in washing the face and lips without fear of their becoming chapped; but in cold weather, both cold and hot water, as also soap, should be avoided. Pure tepid rain water will be found to be least irritating to a delicate complexion, and a preventive against chapped lips.

Choice preparations for application to the lips.—Much may be done to restore the lips to their natural state, when they have become inflamed or chapped, by a timely application of some well-prepared emollient. The following recipes will be found very agreeable, requiring not a great amount of time or expense in their preparation:—

Elegant lip salve.—Put half a pound of fresh lard into a pan, with an ounce and a half of white wax; set it on a slow fire till it is melted; then take a small tin dish, fill it with water, and add a few chips of alkanet root, which may be easily obtained at the druggist's, at the most trifling expense. Let the water boil till it becomes of a beautiful red color. Strain some of it, and mix it with the other ingredients according to your fancy. Scent it with

any extract you please; pour it into small white jars or boxes.

Lip honey.—Take two ounces of fine honey, one ounce of purified white wax, half an ounce of silver litharge, the same quantity of myrrh; mix over a slow fire, and add milk of roses, cologne, or any perfume you may prefer.

Salve for the lips.—Of white wax, one ounce; oil of almonds, half an ounce; oil of roses, six drops; orchanet, half an ounce. Melt the wax and add the other articles. Steep the orchanet in a little water, and stir in sufficient to color the salve.

Another salve for the lips.—Melt together one ounce each of white wax and beef marrow, and three ounces of white pomatum; to these add a few bits of alkanet root, tied in a piece of muslin.

Balsam for chapped lips.—Take two spoonfuls of clarified honey, with a few drops of lavender water, or any other more agreeable perfume. Mix, and anoint the lips frequently.

Emollient for rough lips.—Put one-quarter of an ounce each of benjamin, storax, and spermaceti, a

few bits of alkanet root, a large and juicy apple chopped, a bunch of black grapes bruised, a quarter of a pound of butter which has not been salted, and two ounces of bees-wax, into a new tin saucepan. Simmer gently till the wax, &c. are dissolved, and then strain it through a linen cloth. When cold, melt it again and pour it into small pots or boxes.

THE HANDS.

Means of improving the appearance of the hands.—An elegant hand is regarded by many as betokening evident *prestige* in its possessor. Indeed, some persons, especially gentlemen, make the hand the test of beauty, calling a lady pretty, however ugly she may be otherwise, if she only can display a beautiful hand. However erroneous both of these opinions may be, a pretty hand is certainly a very agreeable object upon which to rest the eye, if it be not too ostentatiously exhibited. On the score of utility, however, as well as expertness in the performance of the many difficultly delicate duties which so often solicit attention, it behooves every lady to pay scrupulous heed to the condition of her hands, to preserve their smoothness and softness to such an extent as the nature of her daily duties may permit.

In the first place, entire cleanliness of the hands is

requisite both to smoothness and whiteness. Something more than a hasty washing of the hands in water, although this be done several times in the day, is necessary to ensure the greatest degree of whiteness of which the hand is capable. At least once a week, everybody should soak the hands in warm *soft* water, using plenty of Castile or other fine soap for half an hour or longer.

To secure smoothness of hands, care must be taken to dry them perfectly after washing them, and at no time to expose them to a cold wind. Cream may be applied to advantage, if the hands have been immersed in very hot water, or have become chapped from any cause. A teaspoonful of Indian meal, mixed with the soap while rubbing the hands together, is an easy and sure method of imparting a good degree of smoothness. A small piece of cold boiled potato, used in the same manner, is very efficacious.

Choice preparations for making the hands soft and white.—Some of the following preparations should be found on every lady's dressing-table, and will be found to be very useful as well as agreeable applications:—

Paste for the hands.—Take one pound of sweet

almonds, quarter of a pound of bread crumbs, one pint of spring water, the same quantity of brandy, and the yolks of two eggs. After blanching the almonds, pound them, and sprinkle them with vinegar, that the paste may not turn to oil; add the crumbs of bread, which moisten with the brandy as you mix it with the almonds and the yolks of eggs. Set this mixture over a slow fire, and keep stirring it, lest the mixture should adhere to the bottom of the vessel.

Brown almond wash-balls for the hands.—Take some common brown hard soap, slice it thin, lay it upon pasteboard and place it on the top of a warm oven to dry gently for three weeks; then beat it in a mortar to a powder; to every three ounces of soap add one ounce of brown almond-powder; damp it with rose-water slightly, to make it of a proper consistency. Beat it well in the mortar a long time, and then make it into balls of the size you wish. Let them dry in a sieve three weeks before using.

Musk soap, to soften and whiten the hands.—Take two ounces of marsh-mallow roots, cleaned and dried in the shade, reduce them to powder, add one-half ounce of starch, the same of flour, three drams of fresh pine-apple kernels, one ounce of

orange pips, one ounce of oil of tartar, the same of oil of almonds, and one-quarter of a dram of musk.

Reduce the dry ingredients to a very fine powder, and to each ounce of powder add half an ounce of Florence iris. Then steep four ounces of fresh roots in orange-flower water; let them stand a night; squeeze them well, and with the mucilage that comes from them, make a paste with the powder. Let this paste dry, and then mould it into round balls. Nothing makes the hands softer or whiter.

Pomade gloves for the hands.—These are used for softening and refreshing the skin. They are prepared with a fine rose pomade, to which is added a little white wax.

To remove warts.—The common annual spurge is frequently found in richly-cultivated gardens. It is far more efficacious than celandine, a rare plant, or than the milky juice of the fig leaf, the latter being very slow in removing those troublesome excrescences. The bark of the willow tree burnt to ashes, mixed with strong vinegar, and applied to the parts, will remove corns as well as warts.

THE NAILS.

Ornamental effect of neatly kept nails.—The nails of the hands are frequently very ornamental; they therefore require nice attention. They should each day be carefully filed, so as to keep them the same length. In washing the hands, press back the skin from the nails, so that it may always be free; if you find any difficulty, rub the ends of the fingers with some emollient preparation just before retiring, and wear a pair of white kid gloves during the night. In the morning, you will, without pain, free the skin from contact with the nail.

The nails should be kept of a medium length and very clean. By all means, avoid the practice, so frequent among common people, of permitting the nails to grow to an unnatural length. The practice is disgusting to all well-bred persons, besides being now quite obsolete

Choice wash for the nails.—Take three ounces of palm oil, one ounce of mutton suet, one quarter of an ounce of white curd soap; render down the suet, and work it well till it is as smooth as pomatum, then shave the soap fine and melt with the suet in a

new tin pan. When it is thoroughly melted, add the palm oil; stir while it is simmering, and take it off the fire as soon as it is thoroughly mixed with the other ingredients. Pour the whole into a vessel, and keep stirring till it is cool, or the soap will separate. Perfume to your taste. Rub this well upon the nails and hands on retiring for the night (after having well washed and dried them), then put on a pair of white kid gloves, and in the morning the nails and hands will be found in excellent condition.

THE BREATH.

Desirableness of a pure breath.—The purity of the breath is of the greatest consequence; what, indeed, could be so afflicting to one of the gentle sex as impurity in this respect? yet it may occur without any neglect on her part, and it is not always that a remedy can be offered; in other words, there are cases where it is incurable.

Cause of impure breath.—One great cause of this affliction is the existence of a superabundance of phosphate of lime in the fluids of the mouth, which leaves a deposit upon the teeth, familiarly known by the term tartar; this has a particularly unpleasant effluvium; and when once deposited, favors the

lodgment of small particles of food; these, if not removed, decompose, become incorporated with the tartar, and produce a most disagreeable odor, which is taken up by the breath as it passes out of the mouth.

This, probably, is the occasion of fetid breath in ninety-nine cases out of every hundred. It is much easier to assign a reason for this affliction than it is to relieve it; although even this poor satisfaction is not always afforded us, so secret are some of the operations of nature.

Those who eat immoderately of animal food have almost invariably a disagreeable breath, and even the perspiration from every part of the body, has a heavy, unpleasant odor, while those who subsist entirely on vegetable food have seldom, if ever, a constantly bad breath, or offensive perspirations.

Effect of the teeth upon the breath.—Besides the advantage of sound teeth for purposes of mastication, a proper attention to their treatment conduces not a little to the sweetness of the breath. This is, indeed, often affected by other causes, existing in the lungs, the stomach, and sometimes even in the bowels; but a rotten state of the teeth, both from the putrid smell emitted by carious bones, and the impurities lodged in their cavities, never fails of aggravating

an unpleasant breath, wherever there is a tendency of that kind.

How to have a sweet breath.—Let the teeth be well examined; let those which are hollow or broken be removed or stopped, and remember it is useless to go to the advertising quack-doctors. They will stop teeth, and draw teeth, and put in teeth; but in the first and last case it is probable that the effluvium will be increased, and in the second case, you may haply escape without your jaw being broken; if so, be very thankful; but go at once to a man of standing and station in his profession.

The teeth having been examined and set to rights, our next advice is to keep them so, by brushing them always after eating and upon retiring, either with or without teeth-powder.

Choice preparations for sweetening the breath.—Although we cannot guarantee permanent success in remedying bad breath, yet the use of the following recipes will be found to be of temporary avail at least, and, if perseveringly used, will, in a majority of cases, be found very beneficial as well as refreshing.

Remedy for impure breath.—Take from five to

ten drops of muriatic acid, in a wineglassful of barley water, and add a little lemon juice and lemon peel to flavor; mix for a draught to be taken three times a day for six weeks, and, if effectual, may be continued occasionally.

Refreshing draught for the breath.—Take five to ten drops of hydrochloric acid in half a tumbler of spring water, a little lemon juice, and loaf sugar, rubbed on lemon peel to flavor it to suit the palate. Let this mixture be taken three times a day for a month or six weeks, and, if useful, then continue it occasionally. It is a pleasant refrigerant and tonic draught.

Aperient and tonic draught for the breath.—Take Epsom salts, six drams; rhubarb, in powder, two drams; tincture of gentian, one ounce; compound infusion of roses, three ounces; distilled water, four ounces. Mix. Take two tablespoonfuls every morning, or every other morning, an hour before breakfast, for a month.

CHAPTER II.

GENTILITY AND REFINEMENT OF MANNERS IN ALL THE RELATIONS OF HOME AND SOCIETY.

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DESIRABLENESS OF AN ELEGANT AND CORRECT TASTE—GENERAL PRINCIPLES LYING AT THE FOUNDATION OF GOOD BREEDING AND LADY-LIKE CONDUCT—THE LADY ABROAD—THE LADY IN THE STREET—VISITING CARD ETIQUETTE, &C.—INTRODUCTIONS—GIVING AND RECEIVING INVITATIONS—MANAGEMENT AND BEHAVIOR AT PARTIES AND OTHER ENTERTAINMENTS—THE LADY AT THE PIANO-FORTE—MANAGEMENT AND ETIQUETTE ON WEDDING OCCASIONS—THE LADY ON HORSEBACK—HINTS AND RULES ON POLITE, EASY, AND GRACEFUL DEPORTMENT, ETC., ETC.

AN ELEGANT AND CORRECT TASTE.

Importance of taste.—Taste is exhibited in the minutest as well as in the most important particulars of conduct; it influences the affections; it gives a bias to the opinions; its control over the inclinations is absolute. For though, where judgment may be opposed to taste, a conviction of duty may determine us to follow the dictates of the former rather than the latter, yet the bias will remain in favor of the more seductive guide; and our sense of what is, or what is not, pleasing to us, will be apt to regulate,

at least, the degree of ardor with which we follow a pursuit, or prosecute a line of action.

Effect of cultivation.—Taste, there can be little doubt, depends, in a great measure, on association. We can account for it often on no other grounds. Our tastes and distastes proceed, for the most part, from the power which objects have to recall other ideas to the mind. And persons of superior cultivation have not only established for themselves a higher standard of grace or excellence, to which they refer, but they have attained to a quicker perception of the relation of things to each other. They trace the connexion immediately, and, as it were, intuitively; and they at once distinguish between what is allied to elegance, and what is, in however remote a degree, connected with anything displeasing or vulgar.

Taste with regard to manners.—This is especially true with regard to manners. Persons of refinement are the most apt to detect inelegance in manner. They are instantly offended at a deportment which is, in their minds, connected with vulgarity; and associations, which might escape others, are recognized by them. Their organization is peculiarly delicate. As a practised ear can detect, in the vibration of a

single string, its accordant tones, so persons of cultivated taste at once perceive the affinity between a style or manner, and the tone of mind of which it is the symptom and the expression; and, therefore, such persons are often designated as fastidious. Doubtless there may be a fastidiousness which finds blemishes in the most perfect work, and a prejudice which is causelessly offended; but in general, those minds which are the most highly cultivated are the most accurate discerners, and are the least disposed to take groundless exceptions.

There cannot be a greater mistake than to regard as trivial the formation of our own taste, or the pleasing that of others. Upon the former, the latter in a great measure depends. We shall succeed in rendering ourselves agreeable to those whose taste is most accurate, in proportion as our own is moulded on the most correct model; and although, by persons of inferior refinement, bad taste may not only be tolerated, but may even call forth in them admiration, yet good taste can *offend* no one; and, by a strict adherence to its dictates, we shall be most likely to raise the standard of those with whom we may chance to be associated.

Value of correct taste in society.—A correct taste is more properly the result of a general moral and

intellectual culture, than of any direct rules or discipline. The subject, at all events, admits of no special directions. It is a matter of feeling; it rests upon a few broad principles; and when these are interwoven with the character, the desired end will be attained.

Supposing, indeed, the tone to have been thus given, a hint as to any particular in which taste is concerned, will be at once understood and improved; but where this mental refinement is wanting, it is of no use to enjoin one thing or prohibit another.

Naturalness.—The first great fundamental rule of good taste is *to be natural;* and it is from an infringement of this that many of our worst mistakes proceed. In manner or style, affectation is the source of the most flagrant offences against taste. Whether it be an affectation of fashion, or of learning, of ignorance, of wit, or of piety, it will be equally repugnant to the delicacy of a superior mind.

Affectation is an offence against high moral feeling. It excites a suspicion of the truth of those who are guilty of it; and although it may have resolved itself into a mere habit, we cannot help feeling that it originates in artifice.

Suitableness a good guide.—An important rule for the regulation of taste is to consult suitability. The reason which we ordinarily have to assign for finding fault with the taste of anything is, that it is unsuitable.

With reference to many subjects, indeed, taste decides relatively rather than abstractly. It views things, not merely as they are in themselves, but as they are or are not adapted to the objects with which they are associated, and the circumstances of their use. It is not uncommon for us to admire, separately considered, what we dislike in the connection in which we find it.

In such points as dress, furniture, establishments, what is to be approved in one case will produce an unfavorable impression in another; and mistakes often arise from judging of things by themselves, or in associations different from those in which we intend to place them, and not considering them with reference to their destined position.

Suitability is always the *professed* guide in matters of taste. If, on a point of dress, an *artiste* is consulted, the plea which she deems most likely to decide the wavering choice is that the object for selection "is becoming." Her judgment may be questioned, but the plea which she urges is a practical lesson on the principles of taste.

Besides, in our own application of the rule, we have to take into account that of which the *artiste* may be ignorant—not merely what would adorn, but what may suit our character, position, and circumstances. Are we professedly religious? Sobriety, in all outward adornings is the subject of express scriptural precept; not only so, it is congenial to the Christian character, suitable to the Christian temper. The style of a religious person should be moderate, because moderation is in accordance with the whole tone of the Gospel. On the contrary, we may indulge in extravagance; this is felt to be bad taste, not merely by religious persons, but in quite as great a degree by persons of the world.

We may offend by extreme plainness, which is quite as opposed to Christian morals as extravagance. In things, however, which are quite indifferent, we should endeavor to *recommend* our religion. It can serve no purpose to select a dress for no apparent reason but for its want of elegance; to prefer the unbecoming to the graceful; to adopt, in external arrangements, a style inferior to our position, and which attracts notice by its meanness.

Low and vulgar associations.—It is almost needless to say that taste leads us to avoid low or vulgar associations. Refinement is the opposite of vulgar-

ity; and, as taste is the property of a refined mind, it, of course, involves a dislike to anything approaching to vulgarity. Still, the boundary lines are not so marked as might be imagined. Prejudice may reject as vulgar, what is not really so. There is a fastidiousness which would reject much that is true, and destroy much that is beautiful. We are indebted to those to whom the poetry of nature owes its revival, Coleridge and Wordsworth, for the restoration to their use and dignity of many words and images, which an artificial refinement had discarded as inadmissible in verse. The prejudice, which they successfully combated, is of general application. It is the result of a taste falsely and effeminately nurtured, which would take away from eloquence its energy, and disallow to simplicity its beauty and its pathos. It is this, which often, in religion, is offended at the plain-spoken language of truth, which takes exception at a word because it is not found in its own authorized vocabulary, and cannot tolerate a deviation from the conventional standard which itself has prescribed.

GENERAL PRINCIPLES LYING AT THE FOUNDATION OF GOOD BREEDING AND LADY-LIKE CONDUCT.

Amiability and self-command.—Where the manners indicate amiable, moral qualities and a gentle and benignant spirit, this will go far to atone for any lesser imperfections by which they may be marked. Nevertheless, it is not only desirable that you should appear amiable, but unconstrained; that you should feel at ease yourself, and be able to put others at ease around you.

You will be placed, almost of course, in a variety of situations. It is important that you should have that habitual self-command that will enable you readily to accommodate yourself to the peculiarities of each; and, at least, to conceal from those around you the secret that you are not perfectly at home. Possibly this is not essential to your passing in good society, but it certainly is essential to the perfection of good manners.

Good society a means of improvement.—It is of great importance, in the formation of good manners, that a young lady should be accustomed to mingle in good society. It is not necessary that you should select all your associates from the more elevated

walks of life, for this would be likely to unfit you for mingling with ease and advantage among the less refined; but so much intercourse with cultivated persons as will permit you to feel perfectly at home is very desirable, and will enable you to combine in your manners both elegance and refinement.

It is a rare instance indeed, that a young female, who is habitually accustomed to society of a rude or grovelling character, ever becomes dignified or graceful in her own manners; and on the other hand, where her intimate associates are persons of intelligence and refinement, it is almost a matter of course that she becomes conformed, in a good degree, to the models with which she is conversant.

Servile imitation to be avoided.—The privilege of good society, in the formation of manners, should be highly esteemed, but care should be taken to guard against servile imitation. You may have a friend, whose manners seem to you to combine every quality that is necessary to render them a perfect model; who unites elegant simplicity with generous frankness, and dignified address with winning condescension; who, in short, is everything, in this respect, that you could wish to be yourself; but, after all, it would be unwise in you to become a servile copyist even of such manners. For you are to remember that a

certain cast of manners suits a certain cast of character; and, unless your character were precisely that of the individual whom you would imitate, you would, in attempting to assume her address, deservedly expose yourself to the charge of affectation.

You will, therefore, do yourself much better service by looking at good models in a general manner, and by endeavoring to become imbued with their spirit, than by making any direct efforts to become exactly conformed to them. Indeed, it may be doubted whether you will not reap every possible advantage by simply mingling in their society, without ever thinking of them as models.

The folly of affectation.—More particularly, young ladies should guard themselves against affectation. This is very easily acquired, and is so common a fault that the absence of it is always remarked as a great excellence. Some persons of many amiable qualities, and considerable intelligence, have been absolutely spoiled for society by attempting to assume in their manners what did not belong to them. Wherever anything of this kind exists, it requires but little sagacity to detect it; and even those who are not exactly sensible where the evil lies, are still aware that there is something which needs to be corrected.

It happens, however, too frequently, that what is quite palpable to everybody else, escapes the observation of the individual who is the subject of it; and the cases are frequent, in which the kindest intimation of the fact, from a friend, has been met with expressions of resentment. You should have not only your eyes open, to inspect narrowly your own conduct on this point, but your ears also open to any admonition, that you may detect the fault if it really exist.

Affectation is justly regarded as consummate folly; and unless it happens to be associated with an unusual cluster of real excellences, it brings upon the individual little less than absolute contempt. Let your manners be as much improved as they may, but regard it as essential that they should be your own.

Diffidence preferable to ostentation.—Beware, also, of an ostentatious manner. By this is meant that kind of manner which savors too much of display; which indicates a disposition to make yourself too conspicuous; and which, in short, is the acting out of a spirit of self-confidence and self-conceit. This appears badly enough when discovered in one of the opposite sex; but when seen in a young lady, it is quite intolerable.

Liability to embarrassment from every slight change of circumstances, and an awkward bashfulness, are not to be commended; but between these and an ostentatious manner, there is a happy medium, consisting of a due mixture of confidence and modesty, which will be equally pleasant to yourself and those with whom you associate.

If, however, either of these extremes must be followed, it will be found that diffidence will be more readily pardoned than ostentation. It would be preferable to excite by your bashfulness a feeling of compassion, than, by your excessive confidence, a feeling of disgust.

Undue reserve causes anger or distrust.—While ostentation is to be avoided, it is well to be on your guard against a studied reserve. We sometimes meet with persons whose manners leave upon our mind the painful impression that they are afraid to trust us, and that they regard both our actions and words with suspicion.

Wherever this trait appears, it is almost certain to excite anger or disgust. Most persons will bear anything with more patience than to be told, either directly or indirectly, that they are unworthy of confidence. A significant smile, or nod, or look, with a third person which is intended not to be

understood by the individual with whom you are conversing, is a gross violation of propriety, and has often cost a deeply-wounded sensibility, and sometimes a valued friendship.

While you studiously avoid everything of this kind, let your manners be characterized by a noble frankness, which, in whatever circumstances you are placed, shall leave no doubt of your sincerity.

Pride and overbearance always odious.—Avoid every approach to a haughty and overbearing manner. It is exhibition of pride, which is one of the most hateful of all dispositions; and of pride in one of its most odious forms. If you should be so unhappy as to form an example of it, whatever variety of feeling it might excite among your associates, you may rely on it, they would all agree to despise you. As you value your character and usefulness, be always courteous and affable.

THE LADY ABROAD.

Gait and carriage.—A lady ought to adopt a modest and measured gait; too great hurry injures the grace which ought to characterize her. She should not turn her head on one side and on the other, especially in large towns or cities, where this bad habit seems to be an invitation to the impertinent. A lady should not present herself alone in a library, or a museum, unless she goes there to study, or work as an artist.

Gentlemen's attendance.—After twilight, a young lady would not be conducting herself in a becoming manner, by walking alone; and if she passes the evening with any one, she ought, beforehand, to provide some one to come for her at a stated hour; but if this is not practicable, she should politely ask of the person whom she is visiting, to permit a servant to accompany her. But, however much this may be considered proper, and consequently an obligation, a married lady, well educated, will disregard it if circumstances prevent her being able, without trouble, to find a conductor.

If the host wishes to accompany you himself, you must excuse yourself politely for giving him so much

trouble, but finish, however, by accepting. On arriving at your house, you should offer him your thanks. In order to avoid these two inconveniences, it will be well to request your husband, or some one of your relatives, to come and wait upon you; you will, in this way, avoid all inconveniences, and be entirely free from that harsh criticism which is sometimes indulged in, especially in small towns, concerning even the most innocent acts.

Attentions to others.—When you are passing in the street, and see coming towards you a person of your acquaintance, whether a lady or an elderly person, you should offer them the wall, that is to say, the side next the houses. If a carriage should happen to stop, in such a manner as to leave only a narrow passage between it and the houses, beware of elbowing and rudely crowding the passengers, with a view to get by more expeditiously; wait your turn, and if any one of the persons before mentioned comes up, you should edge up to the wall, in order to give them the place. They also, as they pass, should bow politely to you.

If stormy weather has made it necessary to lay a plank across the gutters, which have become suddenly filled with water, it is not proper to crowd before another, in order to pass over the frail bridge.

Further—a young man of good breeding should promptly offer his hand to ladies, even if they are not acquaintances, when they pass such a place.

If, while walking up and down a public promenade, you should meet friends or acquaintances whom you do not intend to join, it is only necessary to salute them the first time of passing; to bow, or to nod to them every round would be tiresome, and, therefore, improper; do not think they will consider you odd or unfriendly, as, if they have any sense at all, they will appreciate your reasons. If you have anything to say to them, join them at once.

Raising the dress.—When tripping over the pavement, a lady should gracefully raise her dress a little above her ancle. With the right hand, she should hold together the folds of her gown, and draw them towards the right side. To raise the dress on both sides, and with both hands, is vulgar. This ungraceful practice can only be tolerated for a moment, when the mud is very deep.

Taking leave.—When walking together, it is proper that the more elderly or more important of the two, should take leave first. A gentleman should never leave a lady till she takes leave of

him; nor should a young lady leave a married lady, without making some excuse.

It is quite improper to enter into a long conversation, especially with your superiors, in the street. Take your leave at an early period, or, if you have anything urgent to say, ask permission to accompany them.

FASHIONABLE BALLS, VISITING, CARD ETIQUETTE, &c.

Kind of cards, and manner of carrying them.—After making the toilet with care, persons intending to make ceremonious calls, should provide themselves with cards, upon which their name is printed or well written. Gentlemen ought simply to put their cards into their pocket, but ladies may carry them in a small elegant portfolio, called a card-case. This they can hold in their hand, and it will contribute essentially (with an elegant handkerchief of embroidered cambric), to give them an air of good taste.

A lady's visiting card should be of small size, glazed, but not gilt. It should be engraved in script characters, small and neat, not in German text or old English. Never have your cards printed; a written card, though passable, is not perfectly *au fait*. If

you write them, never first draw a line across the card to guide you; it betokens ill-breeding.

Under what circumstances cards are to be left, and how many.—If the call is made in a carriage, the servant will ask if the lady you wish to see is at home. If persons call in a hired carriage, or on foot, they go themselves to ask the servants. Servants are considered as soldiers on duty; if they reply that the person has gone out, we should, by no means, urge the point, even if we were certain it was not the case; and if by chance we should see the person, we should appear not to have done so, but leave our card and retire. When the servant informs us that the lady or gentleman is unwell, engaged in business, or dining, we must act in a similar manner.

We should leave as many cards as there are persons we wish to see in the house; for example—one for the husband, one for his wife, another for the aunt, &c. When admitted. we should lay aside our overshoes, umbreella, &c., in the entry, so as not to encumber the parlor with them.

Preliminary attentions to visitors.—Instructions should be carefully given to servants respecting

their conduct towards persons who call to inquire for you. See that they always do it in a civil and polite manner; let them lose no time, if there is occasion, in relieving your visitors of their overshoes, umbrellas, cloaks, &c.; let them go before, to save your visitors the trouble of opening and shutting the door.

When persons call, let the servant respectfully inform himself of their names, so that he may announce them to you at the time when he opens the door of the reception-room or parlor. If you are not there, the servant should offer them seats, requesting the guests to wait a moment, while he goes to call you.

When visitors take leave, domestics should manifest promptness in opening the door for them; they should hold the door by the handle, while you converse with your guests, and also assist them in readjusting their clothing.

Length of calls.—If the person you call upon is preparing to go out, or to sit down at table, you ought, although she asks you to remain, to retire as soon as possible. The person visited so unseasonably, should, on her part, be careful to conceal her knowledge that the other wishes the visit ended quickly. We should always appear pleased to see a visitor,

and should she make a short visit, we must express to her our regret. Ceremonious visits should never be protracted.

When you make a half ceremonious call, and the person you are visiting insists upon your stopping, it is proper to do so; but after a few minutes you should rise to go; if you are urged still further, and are taken by the hands and made to sit down as it were by force, to leave immediately would be impolite, but nevertheless you must, after a short interval, get up a third time, and then certainly retire.

If, during your call, a member of the family enters the room, you need not on this account take leave, but should cordially salute them. If the person entering be a lady or elderly person you may rise; but if a gentleman, it is more proper to keep seated.

Coming in contact with other visitors.—If other visitors are announced, you should adroitly leave them without saying anything. In case the gentleman of the house urges you to remain longer, you should briefly reply to him that an indispensable engagement calls you, and you must entreat him with earnestness not to detain you. You should terminate your visit by briskly shutting the door.

If, on entering the room, you find strangers en-

gaged in conversation, content yourself with the few words which the master or mistress of the house shall address to you; stop only a few moments, make a general salutation, and conduct yourself as in the preceding case.

The staircase, taking the arm, &c.—In going up the staircase, it is rigorously the custom to give precedence to those to whom you owe respect, and to yield to such persons the most convenient part of the stairs, which is that next the wall. Above all do not forget this last caution if you accompany a lady; and a well-bred gentleman, at such a time, should offer his arm. When there are many ladies, he should bestow this mark of respect on the oldest. If you meet any one on the staircase, place yourself on the side opposite to the one he occupies.

Receiving visitors.—When we see persons enter, whether announced or not, we rise immediately, advance towards them, request them to sit down, avoiding however the old form of, "Take the trouble to be seated." If it is a young man, we offer him an arm-chair, or a stuffed one; if an elderly man, we insist upon his accepting the arm-chair; if a lady, we beg her to be seated upon the ottoman.

If the gentleman of the house receive the visitors,

he will take a chair and place himself at a little distance from them; if, on the contrary, it is the lady of the house, and she is intimate with the lady who visits her, she will place herself near her. If several ladies come at a time, we give this last place to the one most distinguished by rank.

In winter, the most honorable places are those at the corner of the fireplace; in proportion as they place you in front of the fire, your seat is considered inferior in rank. Moreover, when it happens to be a respectable married lady, and one to whom we wish to do honor, we take her by the hand and conduct her to the corner of the fireplace. If this place is occupied by a young lady, she should rise and offer her seat to the married lady, taking for herself a chair in the middle of the circle.

If a lady who receives a half ceremonious visit is sewing, she ought to leave off immediately, and not resume it except at the request of the visitor. If they are on quite intimate terms, she ought herself to request permission to continue. If a person visits in an entirely ceremonious way, it would be very impolite to work even an instant. Moreover, even with friends, we should hardly be occupied with our work, but should seem to forget it on their account.

Propriety of movement and general demeanor in company.—To look steadily at any one, especially if you are a lady and are speaking to a gentleman; to turn the head frequently on one side and the other during conversation; to balance yourself upon your chair; to bend forward; to strike your hands upon your knees; to hold one of your knees between your hands locked together; to cross your legs; to extend your feet on the andirons; to admire yourself with complacency in a glass; to adjust, in an affected manner, your cravat, hair, dress, or handkerchief; to remain without gloves; to fold carefully your shawl, instead of throwing it with graceful negligence upon a table; to fret about a hat which you have just left off; to laugh immoderately; to place your hand upon the person with whom you are conversing; to take him by the buttons, the collar of his cloak, the cuffs, the waist, etc.; to seize any person by the waist or arm, or to touch their person; to roll the eyes or to raise them with affectation; to take snuff from the box of your neighbor, or to offer it to strangers, especially to ladies; to play continually with your chain or fan; to beat time with the feet and hands; to whirl round a chair with your hand; to shake with your feet the chair of your neighbor; to rub your face or your hands; wink your eyes; shrug up your shoulders; stamp with your feet, &c.;

—all these bad habits, of which we cannot speak to people, are in the highest degree displeasing.

In a circle, we should not pass before a lady; neither should we present anything by extending the arm over her, but pass round behind and present it. In case we cannot do it, we say, *I ask your pardon, &c.* To a question which we do not fully comprehend, we never answer, *Ha? What?* but *Be so good as, &c. Pardon me, I did not understand.*

INTRODUCTORY CEREMONIES.

Mode and manner, use of titles, &c., in personal introductions.—We presume there can be no better authority on this and kindred points, than that accomplished lady and authoress, Miss Leslie, whose directions are—in introducing a gentleman to a lady, address her first, as for instance—"Miss Smith, permit me to make you acquainted with Mr. Jones"—or, Mrs. Furley, allow me to present Mr. Wilson"—that is, you must introduce the gentleman to the lady, rather than the lady to the gentleman. Also, if one lady is married and the other single, present the single lady to the matron,—"Miss Thomson, let me introduce you to Mrs. Williams." It is in good taste to mention the name of the town or

city to which either may belong, as "Mrs. Stephens, of Boston"—"Mr. Warren, of New Orleans."

In introducing a foreigner, it is proper to present him as "Mr. Howard, from England"—"Mr. Dupont, from France"—"Mr. Wenzel, from Germany." If you know of what European city he is a resident, it is better still to say that he is "from London"—"Paris"—"Hamburg."

Likewise, in introducing one of your own countrymen, recently returned from a distant part of the world, make him known as "Mr. Davis, just from China"—"Mr. Edwards, lately from Spain"—"Mr. Gordon, recently from South America."

These slight specifications are easily made; and they afford, at once, an opening for conversation between the two strangers, as it will be perfectly natural to ask "the late arrived," something about the country he has last visited, or at least about his voyage.

When presenting a member of Congress, mention the State to which he belongs, as "Mr. Hunter, of Virginia"—"Mr. Chase, of Ohio," &c. Recollect that both senators and gentlemen of the House of Representatives are members of Congress—Congress including the two legislative bodies. In introducing a governor, designate the State he governs—as, "Governor Penington, of New Jersey." For the

chief magistrate of the republic, say simply "The President."

In introducing members of your own family, always mention, audibly, the name. It is not sufficient to say "my father," or "my mother"—"my son"—"my daughter"—"my brother," or "my sister." There may be more than one surname in the same family. But say, "my father, Mr. Warton"—"my daughter, Miss Wood"—or "my daughter-in-law, Mrs. Wood"—"my sister, Miss Mary Ramsay"—"my brother, Mr. James Ramsay," &c. It is best in all these things to be explicit. The eldest daughter is usually introduced by her surname only—as "Miss Bradford"—her younger sisters, as "Miss Maria Bradford"—"Miss Harriet Bradford."

In presenting a clergyman put the word "Reverend" before his name—unless he is a bishop, and then, of course, the word bishop suffices. The head of a college-department introduce as "Professor;" and it is to them only that the title properly belongs, though arrogated by all sorts of public exhibitors, mesmerists and jugglers included.

Introduction by letter.—A lady who receives a letter introducing a gentleman, may answer it by a note to the bearer, inviting him to pay a morning or

an evening visit. You should not remark to a gentleman, "I am very happy to make your acquaintance;" because it should be considered a favor for him to be presented to you, therefore the remark should come rather from him.

There cannot be a more awkward situation for both parties than for one person to be waiting whilst the other is reading a letter, with the endeavor to discover who the stranger may be, or a position in which the bearer looks so foolish, or feels so uncomfortable. Then comes the bow, a cold shake of the hand, with the few civil words of course, and all because you come upon a stranger unawares. Therefore, give him time to read the letter you have been furnished with, by sending it instead of presenting it in person, thus forcing yourself upon him whether he will or no. He will then have time to consider how he may best show his regard for your introducer by his attentions to yourself.

Observe that letters of introduction are never sealed by well-bred people; the seal of the writer is attached to the envelope, requiring only a little wax to close it, at the option of the person to whom it is confided.

Introductions in the street.—Should you, whilst walking with your friend, meet an acquaintance, it

is better not to stop to speak, but merely recognize by a bow the one thus met; if you do stop to speak, do not introduce your friend.

If you meet a gentleman walking with a lady, take off your hat to him, instead of nodding; as this last familiar mode of recognition looks disrespectful towards her.

GIVING AND RECEIVING INVITATIONS.

Giving invitations.—When we intend giving an entertainment, we begin by selecting such guests as may enjoy themselves together, or at least tolerate one another. If it is to be composed of gentlemen, there should be no lady present, except the lady of the house. The dinner being determined upon, we give out, two or three days beforehand, verbal or written invitations. During the season of gaiety, it is necessary to do it at least five days in advance, on account of the numerous engagements.

Invitations to dine should be answered to the lady. Invitations to a ball should be in the lady's name, and the answer of course sent to her.

Receiving and answering invitations.—When we receive a written invitation we must answer immediately whether we accept or not, although silence

may be considered equivalent to an acceptance. If we decline, we should give a plausible and polite reason for not accepting. When the invitation is verbal, we must avoid being urged, for nothing is more weak and disobliging; we ought either to accept or refuse in a frank and friendly manner, offering some reasonable motive for declining, to which we should not again refer.

It is not allowable to be urged, except when we are requested to dine with some one whom we have only seen at the house of a third person, or when we are invited on a visit, or other similar occasion. In the former case, if we accept, we should first leave a card in order to open the acquaintance. Having once accepted, we cannot break our engagement, unless for a most urgent cause.

Management and behavior at parties and other entertainments; who may be invited.—Persons absolutely and generally objectionable will not be invited; but mere personal quarrels cannot be regarded, as one may be on the most friendly terms with two persons, who, from some cause, are at enmity with each other.

A lady invited to a party may be accompanied by a gentleman who has no invitation, but who is wel-

comed upon her introduction. This rule, however, does not work both ways, as a gentleman cannot thus introduce a lady.

Time to go, and manner of entering the room.—The usual time for going to a party in the country is from seven to eight o'clock, in the cities an hour later. The mistress of the house, or the lady giving the party, should remain at the head of the principal apartment until the guests have generally arrived, and then mix with her company, attending to everybody's comfort.

After leaving the carriage, the gentleman conducts the lady in his charge to the door of the ladies' dressing-room, while he goes to the gentlemen's apartment, each to prepare their toilet suitably to entering the reception-room. The lady waits at the door of her dressing-room till the gentleman joins her, and they make their *entrée* together.

Treatment of the lady of the house.—When a gentleman and lady, or either separately, enter a drawing-room, they should salute all generally, by a respectful inclination of the head, and make their way immediately to the lady of the house, whom they should salute cordially, congratulate her upon

her good health and looks, and with a few words additional pass on, in order to make room for the succeeding guests who may wish to address her.

Taking leave.—It is not proper to withdraw abruptly in the midst of a conversation, but to wait until the subject in which you are engaged shall be finished; you then salute only the person with whom you have been talking, and depart without taking leave of any one, not even the gentleman and lady of the house.

Dancing occasions—in what manner ladies must be treated by gentlemen.—We are not obliged to go exactly at the appointed hour; it is even fashionable to go an hour later. Married ladies are accompanied by their husbands, unmarried ones, by their mother or a chaperon. These last ladies place themselves behind the dancers; the gentleman of the house then goes before one and another, procures seats for them, and mingles again among the gentlemen who are standing, and who form groups or walk about the room.

When you are sure of a place in the dance, you go up to a lady, and ask her if she will do you the honor to dance with you. If she answers that she is engaged, invite her for the next dance, but take care

not to address yourself afterwards to any ladies next to her, for these, not being able to refuse you, would feel hurt at being invited after another.

Never wait until the signal is given to take a partner, for nothing is more impolite than to invite a lady hastily, and when the dancers are already in their places; it can be allowed only when the set is incomplete.

A lady cannot refuse the invitation of a gentleman to dance, unless she has already accepted that of another, for she would be guilty of an incivility which might occasion trouble; she would moreover seem to show contempt for him whom she refused, and would expose herself to receive an ill compliment from him.

A married or young lady should never leave a party, even to go into an adjoining room, without either her mother or a married lady to accompany her.

Avoid talking incessantly; it would occasion remarks and have a bad appearance to whisper continually in the ear of our partner.

THE LADY AT THE PIANO-FORTE.

Invitations to sing or play.—Never exhibit any anxiety to sing or to play. You may have a fine voice, have a brilliant instrumental execution, but your friends may by possibility neither admire nor appreciate either.

If you intend to sing, do not affect to refuse when asked, but at once accede. If you are a good singer, your prompt compliance will add to the pleasure of your friends, and to their regard; if you are not, the desire to amuse will have been evinced, and will be appreciated.

Kind of songs and style of singing.—Do not sing songs descriptive of masculine passion or sentiment; there is an abundance of superior songs for both sexes.

If you are singing second, do not drag on, nor, as it were, tread upon the heels of your *prima;* if you do not regard your friend's feelings, have mercy on your own reputation, for nine or ten in every party will think you in the wrong, and those who know you are singing in correct time will believe you ill-natured, or not sufficiently mistress of the song to wait upon your friend.

If playing an accompaniment to a singer, do not forget that your instrument is intended to aid, not to interrupt; that is, to be subordinate to the song.

If nature has not given you a voice, do not attempt to sing, unless you have sufficient taste, knowledge, and judgment, to cover its defects by an accompaniment.

When at concerts, or private parties where music is being performed, never converse, no matter how anxious you may be to do so, or how many persons you may see doing so; and refrain from beating time, humming the airs, applauding, or making ridiculous gestures of admiration.

DINNER PARTIES.

Manner of going to the dinner-table, on special occasions.—The table should be ready, and the mistress of the house in the drawing-room, to receive the guests. When they are all assembled, a domestic announces that the dinner is served up; at this signal we rise immediately, and wait until the gentleman of the house requests us to pass into the dinner-room, whither he conducts us by going before.

It is quite common for the lady of the house to act as guide, while he offers his hand to the lady of most distinction. The guests also give their arms to ladies,

whom they conduct as far as the table, and to the place which they are to occupy. Take care, if you are not the principal guest, not to offer your hand to the handsomest, for it is a great impoliteness.

Proper disposition of guests at the dinner-table.— Having arrived at the table, each guest respectfully salutes the lady whom he conducts, and who, in her turn, bows also.

It is one of the first and most difficult things properly to arrange the guests, and to place them in such a manner that the conversation may always be general during the entertainment; we should, as much as possible, avoid putting next one another two persons of the same profession, as it would necessarily result in an *aside* conversation, which would injure the general conversation, and consequently the gaiety of the occasion.

The two most distinguished gentlemen are placed next the mistress of the house; the two most distinguished ladies next the master of the house; the right hand is especially the place of honor. If the number of gentlemen is nearly equal to that of ladies, we should take care to intermingle them; we should separate husbands from their wives, and remove near relations as far from one another as possible, because, being always together, they ought not to converse

among themselves in a general party. The younger guests, or those of less distinction, are placed at the lower end of the table.

In order to be able to watch the course of the dinner, and to see that nothing is wanting to their guests, the lady and gentleman of the house usually seat themselves in the centre of the table, opposite each other.

Serving the dinner, carving, &c.—As soon as the guests are seated, the lady of the house serves, in plates, from a pile at her left hand, the soup, which she sends round, beginning with her neighbors right and left, and continuing till all are helped. These first plates usually pass twice, for every one endeavors to make his neighbor accept whatever is sent him.

The gentleman then carves, or causes to be carved by some expert guest, the large pieces, in order afterwards to do the other honors himself. If you have no skill in carving meats, do not attempt it; nor should you ever discharge this duty except when your good offices are solicited by him; neither can we refuse anything sent us from his hand.

Conversation at the table.—It would be impolite to monopolize a conversation which ought to be general. If the company is large, we should converse with our

neighbors, raising the voice only enough to make ourselves heard.

Special rules to be observed at the table.—It is ridiculous to make a display of your napkin; to attach it with pins to your bosom, or to pass it through your button-hole; to use a fork in eating soup; to ask for meat instead of beef; for poultry instead of saying chicken or turkey; to turn up your cuffs in carving; to take bread, even when it is within your reach, instead of calling upon the servant; to cut with a knife your bread, which should be broken by the hand, and to pour your coffee into the saucer to cool.

During the first course, each one helps himself at his pleasure to whatever he drinks; but in the second course, when the master of the house passes round choice wine, it would be uncivil to refuse it. We are not obliged, however, to accept a second glass.

When at the end of the second course, the cloth is removed, the guests may assist in turning off that part of it which is before them, and contribute to the arrangement of the dessert plates which happen to be near, but without attempting to alter the disposition of them. From the time that the dessert appears on the table, the duties of the master of the house diminish, as do also his rights.

If a gentleman is seated by the side of a lady or elderly person, politeness requires him to save them all trouble of pouring out for themselves to drink, and of obtaining whatever they are in want of at the table. He should be eager to offer them whatever he thinks to be most to their taste.

It is considered vulgar to take fish or soup twice. The reason for not being helped twice to fish or soup at a large dinner party is because by so doing you keep three parts of the company staring at you whilst waiting for the second course, which is spoiling, much to the annoyance of the mistress of the house. The selfish greediness, therefore, of so doing constitutes its vulgarity. At a family dinner it is of less importance.

Never use your knife to convey your food to your mouth, under any circumstance; it is unnecessary, and glaringly vulgar. Feed yourself with a *fork* or *spoon, nothing else;* a knife is only to be used for cutting.

As a general rule, in helping any one at a table, never use a knife where you can use a spoon.

Do not press people to eat more than they appear to like, nor insist upon their tasting of any particular dish; you may so far recommend one as to mention that it is considered excellent. Remember that tastes differ, and viands which please you may be

objects of dislike to others; and that, in consequence of your urgency, very young or very modest people may feel themselves compelled to partake of what may be most disagreeable to them.

Ladies should never dine with their gloves on; unless their hands are not fit to be seen.

In conversation at the table, be careful not to speak while eating a mouthful; it is indecorous in the extreme.

Bite not your bread, but break it with your fingers; be careful not to crumb it upon the table-cloth.

The knife and fork should not be held upright in the hands, but sloping; when done with them, lay them parallel to each other upon the plate. When you eat, bend the body a little toward your plate; do not gnaw bones at the table; always use your napkin before and after drinking.

Frequent consultation of the watch or time-pieces is impolite, either when at home or abroad. If at home, it appears as if you were tired of your company and wished them to be gone; if abroad, as if the hours dragged heavily, and you were calculating how soon you would be released.

Leaving the table.—It is for the lady of the house to give the signal to leave the table; all the guests then rise, and, offering their arms to the ladies, wait

upon them to the drawing-room, where coffee is prepared. We never take coffee at the table, except at unceremonious dinners. In leaving the table, the master of the house should go last.

Politeness requires us to remain at least an hour in the drawing-room, after dinner; and, if we can dispose of an entire evening, it would be well to devote it to the person who has entertained us.

As you pass from the dining-room, each gentleman should offer his left arm to the lady in charge.

ARRANGEMENTS AND CONDUCT ON WEDDING OCCASIONS.

Preliminary matters—dress of the parties.—A well-informed writer on this interesting matter lays down the following rules to be observed:—

Where a wedding is celebrated in the usual forms, cards of invitation are issued at least a week beforehand. The hour selected is usually eight o'clock, P.M. Wedding cake, wines, and other refreshments, are prepared by the bride and her friends for the occasion. The bride is usually dressed in pure white; she wears a white veil, and her head is crowned with a wreath of white flowers, usually artificial; and orange blossoms are preferred. She should wear no ornaments but such as her intended husband or

father may present her for the occasion; certainly no gift, if any such are retained, of any former suitor.

The bridesmaids are generally younger than the bride, and should be dressed in white, but more simply than the bride. The bridegroom must be in full dress; that is, he must wear a black or blue dress coat, which, if he pleases, may be faced with white satin; a white vest, black pantaloons, and dress boots or pumps, with black silk stockings, white kid gloves, and a white cravat.

Duties of the bridesmaids and groomsmen.—The bridegroom is attended by one or two groomsmen, who should be dressed in a similar manner. It is the duty of the bridesmaids to assist in dressing the bride, and making the necessary preparations for the guests. The chief groomsman engages the clergyman or magistrate, and upon his arrival introduces him to the bride and bridegroom, and the friends of the parties.

Treatment of guests.—The invited guests, upon their arrival, are received as at other parties, and after visiting the dressing-rooms and arranging their toilets, they proceed to the room where the ceremony is to be performed. In some cases the marriage

ceremony is performed before the arrival of the guests.

The ceremony.—When the hour for the ceremony has arrived, and all things are ready, the wedding party, consisting of the bride and bridegroom, with the bridesmaids and groomsmen, walk into the room, arm in arm; the groomsmen attending the bridesmaids, preceding the bride and bridegroom, and take their position at the head of the room, which is usually the end furthest from the entrance; the bride standing facing the assembly on the right of the bridegroom, the bridesmaids taking their position at her right, and the groomsmen at the left of the bridegroom.

The principal groomsman now formally introduces the clergyman or magistrate to the bride and bridegroom, and he proceeds to perform the marriage ceremony; if a ring is to be used, the bridegroom procures a plain gold one previously, taking some means to have it of the proper size.

After congratulations and festivities.—As soon as the ceremony is over, and the bridegroom has kissed the bride, the clergyman or magistrate shakes hands with the bride, saluting her by her newly-acquired

name, as Mrs. ——, and wishes them joy, prosperity, and happiness; the groomsmen and bridesmaids then do the same; then the principal groomsman brings to them the other persons in the room, commencing with the parents and relatives of the parties, the bride's relations having precedence, and ladies being accompanied by gentlemen.

In this manner all present are expected to make their salutations and congratulations to the newly-married couple, and then to their parents and friends. If the wedding ceremony has taken place before the arrival of the guests, they are received near the door, having, of course, first visited the dressing-rooms; they are then introduced in the same manner.

The groomsman takes occasion, before the clergyman or magistrate leaves, to privately thank him for his attendance, at the same time placing in his hand the marriage fee, which is wrapped up nicely in paper, and if more than the legal sum, as is usually the case where the parties are wealthy, it is usually in gold. The bridegroom, of course, takes an early opportunity to reimburse his groomsman for necessary expenses.

Sending cards.—When a wedding takes place in a family, the cards of the newly-married pair are sent round to all their acquaintances to apprise them of

the event. The cards are sent out by the bridegroom to his acquaintances, and by the parents of the bride to theirs. In some instances, the cards have been united by silken or silver cords; but this mode has not been adopted by people of fashion.

To those who leave cards at the residence of the newly-married couple during their absence in the "honeymoon," cards are sent to inform them of their return.

When cards are left for married people who reside with their parents or relatives, their names should be written on the cards left for them, to preclude mistakes. If persons without parents are married, they should send cards to their acquaintances.

THE LADY ON HORSEBACK.

Invitations, mounting, &c.—There are, and ought to be, no set forms for inviting ladies to walk, to ride, or to go to balls and parties. The most simple, natural, and unaffected way is the best. "Miss Stanly, we are about to take a promenade, will you accept my arm?" is just as good as any other. "Miss Ruthford, I shall be happy to attend you on horseback to-morrow," would be a graceful invitation.

In riding, the gentleman's first duty is to provide

a gentle horse, properly caparisoned. After seeing that the girths are tight, he leads the lady to the horse. With her back to the horse, she takes hold of the horn of the saddle, and the reins with her right hand, and places her left foot upon the shoulder of the gentleman, who stoops before her, making a stirrup of his clasped hands. Raising himself gently, the lady is placed in the saddle. The gentleman puts her foot in the stirrup, adjusts her dress, mounts his horse and takes his position, usually on the right, but authorities differ, and many prefer the left.

In dismounting, the lady, having lifted her foot from the stirrup, and her dress from the saddle, may be received in the gentleman's arms.

HINTS AND RULES ON POLITE, EASY, AND GRACEFUL DEPORTMENT.

If you intend to sing or play, do so at once when requested, without requiring to be pressed, or making a fuss. On the other hand, let your performance be brief; or, if ever so good, it will be very tiresome. When a lady sits down to the piano-forte, some gentleman should attend her, arrange the music-stool, and turn over the leaves.

Ladies should accept introductions only from

relatives and intimate friends. Ladies bow instead of courtesying.

A lady should never seem to understand an indelicate expression, much less use one. In ascending staircases with ladies, gentlemen should go at their side or before them.

A lady offers a chair to a gentleman, but asks a lady to sit on the sofa. In winter, the places of honor are the corners of the fire-place.

Ladies should be particular not to cross their knees in sitting, nor to assume any indecorous attitude.

We address a married lady or widow as madam, or by name as Mrs. or Mistress ——. In answering a question we contract the madam to ma'am; as yes ma'am, no ma'am. Ladies who have passed a certain age, although unmarried, may be addressed as madam.

A gentleman meeting a lady at an evening party, is struck with her appearance. Ascertaining that she is not engaged, which he may do from some acquaintance, he takes some opportunity of saying, "Miss Atherton, will you accept my escort home to-night;" or, "Miss Eugenia, shall I have the pleasure of seeing you home;" or, "Miss Somerby, make me happy by selecting me for your cavalier;" or, "Miss Ella, allow me to be your protector home."

All these may be half in jest, half in earnest, for

these matters are best managed without assuming too much gravity. The lady may reply, "Excuse me, Sir! I am already provided for;" or, pleasantly, "How unfortunate! if you had been five minutes earlier, I might have availed myself of your services;" or, "Thank you, Sir! I shall be obliged for your attention;" or, "With pleasure, Sir! if my company will pay you for your trouble;" or any other pleasant way of saying that she accepts, and is grateful for the attention proffered to her.

It is very simple as well as vulgar to be continually claiming acquaintance with distinguished people. Some persons indulge in the frequent use of the name of Governor this and General that; evidently to increase their own consequence.

While music is playing, especially while any one is singing; it is very bad manners, little better than an insult, indeed, to converse even upon urgent matters.

There is nothing so impolite as inquisitiveness in regard to the personal affairs of others.

Where ladies are accompanied to a party by a gentleman, he attends them from the dressing-room to the parlor or drawing-room, to salute the hostess, finds seats for them, and dances with them once, before engaging himself to any other.

CHAPTER III.

FEMALE DRESS: HOW TO COMBINE ELEGANCE, STYLE, AND ECONOMY.

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QUANTITY, ADAPTATION, AND GENERAL EFFECT OF APPAREL—CUT AND QUALITY OF DRESS ADAPTED TO THE MARRIED AND UNMARRIED, THE OLD AND THE YOUNG, AND TO DIFFERENT FIGURES—THE INFLUENCE OF COLORS IN PRODUCING HARMONY AND BEAUTY OF DRESS—EFFECTS OF DRESS UPON THE FEMALE FORM, ETC.—CARE OF WARDROBE.

QUANTITY, ADAPTATION, AND GENERAL EFFECT OF APPAREL.

Points to be considered.—In the regulation of female dress too much is sacrificed to fashion and appearance. The whims of a French or English mantua-makēr, or the depraved taste of some reigning beauty, are of infinitely more weight in determining the nature of the clothing worn by the females even of this country, than all the arguments drawn from the character of our climate, and the attention which experience teaches us should be paid to the season of the year, the state of the weather, and the amount of exposure.

Many of the diseases to which the delicate and youthful of the female sex are peculiarly liable, and by which so many of them are hurried into the grave in the spring-time of their existence, may be traced to impropriety of dress: either in preventing, by its undue tightness and inconvenient form, the proper growth of the body, and the natural and free play of its various parts and organs, or to a want of caution in accommodating it to the temperature of the season, and to the various and rapid vicissitudes of the weather.

One cause of the alarming prevalence of consumption among the females in this country may, we suspect, be traced to the general adoption of a style of dress which is totally unadapted to guard the body from the influence of cold, and of those sudden transitions from heat to cold, so common, especially in the middle and northern States; and more, especially, under circumstances when these transitions of temperature are most liable to produce their baneful effects upon the system.

Dress for the house and for company.—Strangers who have visited the United States, have frequently expressed their astonishment at the flimsy dresses of our fashionable females, so illy adapted to enable them to withstand the inclemency of the winter, and

the frequent changes of temperature experienced during the spring and autumn.

We should perhaps be considered as exaggerating the imprudence of our females, in neglecting to protect their bodies by sufficient clothing, if regard were had only to the dress worn by them whilst within doors; and, especially, whilst engaged in their domestic duties. This, we admit, is sufficiently well adapted, so far at least as warmth is concerned, to all purposes for which it is intended.

But in preparing for an evening ball or party, or even for a simple visit to a friend, it is too common for females, when the temperature of the external air is that of mid-winter, to retire from a warm parlor to a cold dressing-room, and there exchange a comfortable, warm gown, for one perhaps of thin silk or muslin (with wide sleeves of a still more flimsy material than the gown itself, which leave the arms almost entirely naked), and their worsted or cotton stockings and thick shoes, for flimsy silk stockings, and slippers of a scarcely more substantial material; and thus attired, with their neck and shoulders bare, or merely covered with thin lace, they sally forth into the damp and chilly air of the night, and arrive at the place of their destination shivering with cold. After several hours passed in a hot, close, often crowded apartment, and perhaps when the body has

been heated by the exercise of dancing, they again brave the cold and dampness of the external air, and on arriving at their homes retire to their beds with cold feet and a shuddering frame.

Who can be surprised that the consequences of such imprudent exposure are affections of the throat and lungs, attended with cough and hoarseness, and too often terminating eventually in fatal consumptions? Motives of delicacy, as well as a proper regard for health, have been repeatedly urged in vain to enforce the strong necessity of relinquishing such destructive practices; the arguments of the moralist and of the physician have alike failed to induce conviction. And hundreds, who might have shone forth for years among the most estimable and lovely of the sex, have in early youth been dressed in the shroud, because, in an evil hour, they laid aside those parts of their apparel which their health as well as comfort rendered absolutely necessary.

Ladies' morning attire.—The most appropriate morning dress for a lady upon first rising is a small muslin cap and loose robe. It is not in good taste for a lady to appear at the table in the morning without being laced at all; it gives an air of untidiness to the whole appearance. The hair-papers which cannot be removed on rising (because the hair would not

keep in curl till evening), should be concealed under a bandeau of lace or of the hair. They should be removed as soon as may be.

In this dress we can receive only intimate friends, or persons who call upon urgent or indispensable business; even then we should offer some apology for it. To neglect to take off this morning dress as soon as possible is to expose one's self to embarrassments often very painful, and to the appearance of a want of education.

Necessity of attention to an appropriate change in the dress during the day.—It is well to impose upon yourself a rule to be dressed at some particular hour (the earliest possible), since occupations will present themselves to prevent your being ready for the day; and you will easily acquire the habit of this.

Disorder of a lady's toilet can be excused when it occurs rarely, or for a short time, as in such cases it seems evidently owing to a temporary embarrassment; but if it occur daily or constantly, if it seem the result of negligence or slovenliness, it is unpardonable.

To suppose that great heat of weather will authorize the disorder of the toilet, and will permit us to go in slippers, or with our legs and arms bare, or to take nonchalant and improper attitudes, is an error of

persons of a low class, or destitute of education. Even the weather of dog-days would not excuse this, and if we would remain thus dressed, we should excuse ourselves from seeing company.

On the other hand, to think that cold and rainy weather will permit like liberties, is equally an error. Ladies should not wear large socks of list and similar materials; much less noisy or awkward shoes. When you visit in rainy weather, all these articles, together with muff, umbrella, and cloak, should be laid aside. To make a noise in walking is entirely at variance with good manners.

Street dress.—However pressed one may be, a lady should not go out in a morning dress, neither with an apron or cap, even if it is made of fine cloth and trimmed with ribands. The dress should be adapted to the different hours of the day.

Morning calls may be made in an elegant and simple négligé, all the details of which we cannot give, on account of their multiplicity, and the numerous modifications of fashion. We shall only say that ladies generally should make these calls in the dress which they wear at home, with some slight additions.

CUT AND QUALITY OF DRESS ADAPTED TO THE MARRIED AND THE UNMARRIED, THE OLD AND THE YOUNG, AND TO DIFFERENT FIGURES.

Style and form of a dress.—The fashion of the form of a dress is frequently followed without any regard to the propriety of its adoption; but this is quite contrary to good taste. Nothing can look much more absurd than a short, stout figure adorned with a superfluity of flounces and trimmings, yet the power of fashion forces such exhibitions into continual notice; even when fashion has decreed that flounces and trimmings shall be worn, such a figure need not be made ridiculous, and be made to bear as near as possible a resemblance to the prince of a Christmas dinner-table; in such a case let the trimmings be placed as low as possible, and the dress be made very long; the body also should be as long as convenient, and be made to fit tight. If the dress then hangs in graceful folds, it will add much to the appearance of length.

Arrangement of the upper part of the dress.—The arrangements of the upper part of the person can be made to add to, or to diminish the height. Much trimming about the neck of a short, stout person must make her look shorter; her object should be to

elongate the appearance of the neck, and thus further destroy the appearance of a superfluity of substance.

Nature is especially kind to ladies in giving them so many personal advantages. Their hair offers them another means of apparently increasing their stature; in so doing, care must be taken not to raise the head-dress disproportionately, as, to the above figure, it would give the appearance of a mountain stuck upon a pigmy; it should, however, be elevated in some measure, and at the same time diminished as much in breadth as will be consistent with the features, for we must not destroy a charm while attempting to remedy an evil.

Young ladies' attire.—Situation in the world determines among ladies those differences which, though otherwise well-marked, are becoming less so every day. Every one knows that whatever be the fortune of a young lady, her dress ought always, in form as well as ornaments, to exhibit less of a *recherché* appearance, and should be less showy than that of married ladies. Costly cashmeres, very rich furs, and diamonds, as well as many other brilliant ornaments, are to be forbidden a young lady; and those who act in defiance of these rational marks of propriety make us believe that they are possessed of an unrestrained love of luxury, and deprive themselves

of the pleasure of receiving those ornaments from the hand of the man of their choice at some future day.

All ladies cannot use indiscriminately the privilege which marriage confers upon them in this respect, and the toilet of those whose fortune is moderate, should not pass the bounds of an elegant simplicity. Considerations of a more elevated nature, as of good domestic order, the dignity of a wife, and the duties of a mother, come in support of the law of propriety, for it concerns morality in all its branches.

We must beware of a shoal in this case; frequently a young lady of small fortune, desiring to appear decently in any splendid assembly, makes sacrifices in order to embellish her modest attire. But these sacrifices are necessarily inadequate; a new and brilliant article of dress is placed by the side of a mean or old one. The toilet then wants harmony, which is the soul of elegance as well as of beauty.

Moreover, whatever be the opulence which you enjoy, luxury encroaches so much upon it, that no riches are able to satisfy its demands; but fortunately propriety, always in accordance with reason, encourages by this maxim social and sensible women—Neither too high, nor too low—it is alike ridiculous either to pretend to be the most showy, or to display the meanest attire in any assembly.

The apparel of older ladies.—The rules suitable to age resemble those which mediocrity of fortune imposes; for instance, old ladies should abstain from gaudy colors, *recherché* designs, too late fashions, and showy ornaments, as feathers, flowers, and jewels. A lady in her decline, wearing her hair dressed, and having short sleeves, and adorned with necklaces, bracelets, etc., offends as much against propriety as against her interest and dignity.

Ornaments.—Ladies of good taste seldom wear jewelry in the morning; and when they do, they confine themselves to trinkets of gold, or those in which opaque stones only are introduced. Ornaments with brilliant stones are unsuited for a morning costume.

Gloves, handkerchiefs, stockings, etc.—Gloves should harmonize with your dress; and must always be clean. Nothing can be more improper than high colored gloves: the primrose (and the white for evening parties) are the most elegant, if your dress will admit of their being worn. Persons who dress in mourning, may with perfect propriety wear white gloves, which are quite indispensable to full dress.

Your handkerchief should be as fine as a "snowy-cobweb;" it should be bordered with deep, rich lace,

and delicately perfumed. The slippers should be small, wafer-like, yet strong, fitting exquisitely; and French silk stockings; all the taste you or your friends possess must be exerted to perfect your appearance in these particulars when dressing for an evening party.

Importance of the bonnet in characterizing a lady's appearance.—All parts, indeed, of a lady's dress may be made to improve her figure or her face; nor is the bonnet the least important. How many pretty faces have been spoiled by an ugly bonnet! fashion being the only thing attended to; a good taste will enable a person to avoid this.

A lady of taste will so modify what is the reigning fashion as to adapt it to the face, both in shape and hue. If fashion dictate an absurdly-large or small bonnet, which is inappropriate to a certain physiognomy, let such a person adopt that degree of diminution, or addition, which will be sufficient to be within the bounds of fashion without spoiling her appearance, and she may depend that the graceful will always ensure more admirers than the fashionable.

THE INFLUENCE OF COLORS IN PRODUCING HARMONY AND BEAUTY OF DRESS.

The relations of green to other colors.—Green is the opposite, and complement, to red; green, therefore, reddens adjacent hues, and red adds a green tinge to them; but green and red set off each other to the best advantage when placed side by side; the green looks greener; the red redder; and this is, of course, most thoroughly the effect when the two colors are alike in depth of tone. What green is to red, yellow is to violet, and blue to orange. In the same way it may be said that the yellow tints of green suggest their complements and opposites, the violet-reds; the yellow-oranges contrast with violet-blues, and the orange-reds with the blue-greens.

Thus the pink of the complexion is brought out by a green setting in dress or bonnet; and any lady who has a fair complexion, that admits of having its rose-tint a little heightened, may make effective use of the green color, but it should be a delicate green, since it is of importance to preserve harmony of tone. When there is in the face a tint of orange mixed with brown, a brick-red hue will result from the use of green; if any green be used at all in such a case, it should be dark.

Adaptation of yellow to a brunette complexion.—For the orange complexion of a brunette there is no color superior to yellow. This imparts violet to a fair skin and injures its effect. A skin more yellow than orange has its orange neutralized by the suggestions of the complement, and a dull-white effect imparted. The orange skin, however, has the yellow neutralized, and the red left; so that the freshness of complexion is increased in black haired beauties.

Effect of violet.—As the complement of violet is yellow, which no lady desires to see added to the color of her skin, it follows that violet is only suitable for dress when it is very deep in tone, and worn by those who wish to have the complexion whitened by contrast.

Suitable colors for white and blonde complexions.—Blue imparts orange, which enriches white complexions and light flesh tints; it also, of course, improves the yellow hair of blondes. Blue is therefore the standard color for a blonde, as yellow is for a brunette. But the brunette, who has already too much orange in her face, must avoid setting it in blue.

Orange suits nobody. It whitens a brunette, but that is scarcely a desirable effect, and it is ugly. Red, unless it is of a dark hue, to increase the effect

of whiteness by contrast of tone, is rarely suitable in any close neighborhood to a lady's skin. Rose-red destroys the freshness of a good complexion; it suggests green.

Rose-red should not be chosen for the linings and hangings of the boxes of a theatre, if ladies who frequent it are to look well in their evening toilets. Wine-red and light crimson boxes also give a green tint to the ladies in them. If it is desirable to exhibit the complexion to the best advantage, the hangings should be of light green. Amber hangings would be best adapted to brunettes; and dark crimson would tend to whiten all complexions.

Trimming of bonnets.—Enough has now been said to display some principles that may be carried into application in a thousand ways. The painter upon canvas knows that if he places certain colors side by side, though they be as pure as tube can hold, yet they may look dirty, because they spoil each other by the complements that they suggest. He knows that in painting from the model, whenever there is much contrast of color in small compass, he must not directly imitate each color that he copies with a stroke of the same color from his brush; he is compelled to use false tints to get the true ones.

Upon the same plan must a lady go to work in the

arrangement of her dress, and the trimming of a bonnet, keeping apart those colors that cannot come together without quarrelling. Thus she would do well to trim a yellow bonnet with violet or blue, and a green bonnet with rose-red or white flowers, and to follow the same general idea in grouping the colors of the dress.

Additional observations on taste in dress as founded on the law of contrast in colors.—The rules of the contrasts and harmonies of colors, as derived from nature, and recognized by painters, who, from the nature of their studies, are the best judges of colors, are said, by a writer of acknowledged taste and ability, to be the following: yellow, red, and blue are contrasts in all their shades, and the harmonizing tints are discovered by the union of two of them. These colors have different qualities; blue is of a cold, unassuming nature; yellow illuminates, and red warms; yellow and blue form green; yellow and red form orange, and blue and red produce violet; and, though yellow, blue, and red are contrasting colors, yet still greater contrasts to each may be produced by the union of two of them; for instance, blue and red form violet, and violet is the greatest contrast to yellow. The other intermediate colors, also, of green

and orange, form the greatest contrasts to red and blue.

Grey and black are contrasts to white; yellow and a yellowish tinge the harmonizing tints; yellow and a deep purple are contrasts, with which orange and a pale yellow-green harmonize. The deepest blue is the greatest contrast to orange, and the harmonizing tint is red; but bright red must be mixed in a very small proportion, and not allowed to interfere, but be introduced as a harmonizing principle.

Orange and blue, when mixed together, give an olive color, which may be not unsuitably introduced with the contrasts of blue and orange, as it harmonizes with both red and orange.

Green, graduating from yellow to the deepest shade, has contrasts in red, which should incline to purple when the greens incline to yellow; green, in its deepest shade, is the contrast to bright scarlet; the intermediate color is red, or very deep scarlet. The colors that are not very unfit to be mixed with these, are orange, blue, and a small proportion of yellow, purple, and black.

Light blue is contrasted to orange, and may be subdued by the mixture of black and white; its harmony is deep blue.

The contrast to violet is yellow. The blue, which

is a mixture of violet and of white, has its contrast in pale yellow; the intermediate color is deep purple. Crimson has its contrast in deep green, and its harmony in violet.

Nothing contributes in a more particular manner to heighten the beauty of the skin than a judicious choice of colors. For example, females of fair complexion ought to wear the purest white; they should choose light and brilliant colors, such as the rose, azure, light yellow, etc. Women of a dark complexion, who dress in such colors, as we too frequently see them do, cause their skin to appear black, dull, and tanned. They ought, therefore, to avoid wearing linen or laces of too brilliant a white; they should avoid white robes, and rose-color or light blue ribbons, which form too disagreeable a contrast with their carnations. Let such persons, on the contrary, dress in colors which are best suited to them; in particular, green, violet, puce, purple, and then that darkness, which was only the effect of too harsh a contrast, will suddenly disappear, as if by enchantment; their complexion will become lively and animated, and will exhibit such charms as will dispute and even bear away the palm from the fairest of the fair.

In a word, the fair cannot be too careful to correct, by light colors, the paleness of their complexions;

and darker women, by stronger colors, the somewhat yellow tints of their carnation.

We must not omit a very important observation, respecting the change of colors by light. Thus, crimson is extremly handsome by night, when it may be substituted for rose-color, which loses its charm by candle-light; but this crimson, seen by day, spoils the most beautiful complexion; no color whatever so completely strips it of all its attractions. Pale-yellow, on the contrary, is often very handsome by day, and is perfectly suited to those who have a fine carnation; but at night it appears dirty, and tarnishes the lustre of the complexion to which it is designed to add brilliancy.

EFFECTS OF DRESS UPON THE FEMALE FORM, ETC., ETC.

Lacing the chest.—When the breathing is deep and full, the chest is expanded and rises, and the stomach is protruded during inspiration, while the chest falls and contracts, and the stomach recedes during expiration. Now what must be the effect of preventing these movements of the chest and stomach by means of a tight bandage? Why, the lungs can be distended no longer with air, the breathing becomes hurried by the least exertion, the natural

functions of the organs occupying the interior of the body are hindered, and the free circulation of the blood impeded, constituting, altogether, ample causes of disease.

When the chest is scientifically laced as tight as can be borne, it often causes the blood to rush to the face, neck, and arms, on taking exercise or remaining in a heated room. Young ladies at parties frequently become so suffused from this cause, that they present the appearance of a washerwoman actively engaged over a tub of hot suds. Tight lacing also causes an extreme heaving of the bosom, resembling the panting of a dying bird.

Effect of tight lacing on the face, neck, arms, shape, and motion of the body, etc.—Those who wear very tight stays complain that they cannot sit upright without them; nay, are sometimes compelled to wear them in bed, and this strikingly proves to what an extent artificial braces of any sort weaken the muscles of the trunk. It is this which disposes to lateral curvature of the spine. From these facts, as well as many others, it is evident that tight stays, far from preventing the deformities which an experienced eye might remark among ninety out of every hundred young girls, are, on the contrary, the cause of these deviations. Stays, therefore, should never

be worn, under any circumstances, till the organs have acquired a certain development; and they should never at any period be tight. A well-known effect of the use of stays is, that the right shoulder frequently becomes larger than the left, because the former, being stronger and more frequently in motion, somewhat frees itself, and acquires by this means an increase of which the left side is deprived, by being feebler and subjected to continued compression.

The injury does not fall merely on the internal structure of the body, but also on its beauty, and on the temper and feelings with which that beauty is associated. Beauty is in reality but another name for that expression of countenance, which is the index of sound health, intelligence, good feelings, and peace of mind. All are aware that uneasy feelings, existing habitually in the breast, speedily exhibit their signature on the countenance, and that bitter thoughts, or a bad temper, spoil the human face divine of its grace. But it is not so generally known that irksome or painful sensations, though merely of a physical nature, by a law equally certain, rob the temper of its sweetness, and, as a consequence, the countenance of the more ethereal and better part of its beauty.

In many persons, tight stays displace the breast, and produce an ineffaceable and frightful wrinkle

between it and the shoulder; and in others, whom nature has not gifted with the plumpness requisite to beauty, such stays make the breasts still flatter and smaller. Generally speaking, tight stays also destroy the firmness of the breast, sometimes prevent the full development of the nipples, and give rise to those indurations of the mammary glands, the cause of which is seldom understood, and which are followed by such dreadful consequences.

They also cause a reddish tinge of the skin, swelling of the neck, etc. A delicate and slender figure is full of beauty in a young person; but suppleness and ease confer an additional charm. Yet most women, eager to be in the extreme of fashion, lace themselves in their stays as tight as possible, and, undergoing innumerable tortures, appear stiff, ungraceful, and ill-tempered. Elegance of shape, dignity of movement, grace of manner, and softness of demeanor, are all sacrificed to foolish caprice.

Stays tend to transform into a point the base of the cone which the osseous frame of the chest represents, and to maintain in a state of immobility two cavities, whose dimensions should vary without ceasing. By this compression, stays are prejudicial to the free execution of several important functions, muscular motion, circulation, respiration, digestion.

The muscles, or organs of motion, are enlarged by

free exercise, and are destroyed by compression, every degree of this, as exercised by stiff stays, diminishes and enfeebles the muscles of the chest; a great degree of it absolutely annihilates them. Long before that is accomplished, the stays become necessary for support instead of the muscles; but as their support is remote from the spine, as well as inadequate, it yields, and lateral curvature, or crooked back ensues. Retreat to natural habits is now difficult or impossible; if the muscles retain any power, they increase the curvature, and the wretched being is reduced to the necessity of obtaining support, and maintaining existence, by stays still stiffer during the day, and at night by stays when in bed.

By impeding the circulation of blood through the lungs, the use of stays not only prevents their proper development, and renders respiration difficult, but becomes a predisposing cause of convulsive coughs, consumption, palpitation of the heart, and aneurism.

From the same cause, obstinate and dangerous obstructions in the abdominal organs, which are displaced by the pressure of the busk, are of frequent occurence. In females, the liver has frequently been found pushed several inches beyond the last ribs, and its superior surface perceptibly marked with them; and this has been produced solely by the pressure of the stays upon the organs contained in the chest.

Some additional reasons why tight-laced dresses should be avoided.—Any unnatural compression of the chest produces a narrowness of the parts, and permanently deforms it by doubling the cartilages of the ribs inward, near their junction with the breast bone.

In some persons who practice tight lacing with the indispensable accompaniment of the busk, a constant feeling of aching and soreness of the breast-bone is induced, and so severe does this become, that the removal of the busk is attended with excruciating pain, and has to be effected gradually.

All the lower organs of the body, such as the liver, the diaphragm, the stomach and spleen, are prevented from performing each its important function; and who can wonder that cold extremities, pale visages, troubled sleep, excessive nervousness of the system, etc., are among some of the frightful consequences of this universal practice?

CARE OF WARDROBE.

Neatness and order essential.—The multiplicity of articles constituting a lady's wardrobe, both plain and fancy, demand untiring and industrious care. Trimmings and laces, collars and gloves, stockings, etc., all require occasional repairs and cleansings, in order that they may be always in suitable condition to be worn. Nothing sooner betokens the real lady, than good taste and judgment in the purchase of articles of dress in the outset, and afterwards good *care* of what is thus procured. "A place for everything, and everything in its place," is a trite adage, but is certainly never more applicable than when applied to a lady's wardrobe. The most *recherché* articles, in a partially soiled or tumbled condition, are divested of all beauty, and are much less to be preferred than coarse plain ones in a neat condition. A clothes-press or closet is indispensable in disposing of dresses, cloaks, mantillas, etc. Nice dresses should always be turned wrong side out, and suspended by one or two loops, fastened to the bottom of the waist-lining. Cloaks should also be suspended by means of loops inside the neck. Laces, handkerchiefs, and all small fancy articles, should be depos-

ited in bureau drawers, where they will be protected from dust and air.

During the warm season, furs, cloth-cloaks, woollen articles, etc., should be neatly folded and placed in long, large trunks adapted to the purpose. It is well to intersperse the articles with cedar chips, camphor, tobacco, and similar substances, to prevent the depredations of moths.

We give below a few valuable receipts for restoring articles of apparel, when worn or soiled, by the best methods.

Washing muslin dresses.—In washing muslin dresses, the colors may be prevented from running by pursuing the following course: Take out all the gathers at the top of the sleeves and the waist; wash the dress quickly in not too warm water; rinse it immediately, roll it smoothly in a dry sheet, and let it remain till just damp enough to iron.

To restore velvets.—It is not generally known that velvets are readily restored by passing the under side of the velvet over with a warm smoothing-iron. The best way of doing this, is for one person to hold the velvet tight, and another to pass the iron over it on the wrong side, after which, the velvet must be spread out, and a very delicate brush passed over the

surface. The good effect of this, even upon the most worn-out velvets, will scarcely be credited till tried; velvets but little worn may be made to look as well as new by this process.

Cleaning black dresses.—A very simple, yet certain mode of removing stains from mourning dresses is, to take a good handful of fig leaves, which must be boiled in two quarts of water till reduced to a pint; squeeze the leaves, and bottle the liquor for use. The articles, whether crape, cloth, bombazine, etc., need only be rubbed with a sponge dipped in the liquor, when the effect will be instantly perceived.

To wash black silks.—Warm some small beer, and mix some milk in it; then wash your silk in the liquid, and it will give it a fine color.

To restore black veils.—Sponge the veil with hot ox-gall on both sides; then pass it through gum arabic water, and clap it between the hands. Then pin it out straight to dry. It must not be ironed.

To restore the color of pearls.—Soak them in hot water, in which bran has been boiled, with a little salt of tartar and alum, rubbing them gently between the hands, when the heat will admit of it; when the

water is cold, renew the application until the object is attained, when the pearls may be rinsed in lukewarm water, and laid on white paper in a convenient dark place to dry.

To perfume linen.—Dry a quantity of rose-leaves in a warm oven, pound in a mortar a small quantity of cloves, carraway seeds, and allspice; mix these together, adding a little common salt, and sew it into small white-silk bags, which are to be placed in drawers, or boxes.

To extract grease spots.—Mix together in a phial two ounces of essence of lemon, and one ounce of oil of turpentine. Grease and other spots are to be rubbed gently with a linen rag, dipped in the composition.

French chalk is sometimes scraped, placed upon the spot, and covered with a piece of writing-paper. A warm iron should then be passed gradually over it, after which, brush off the chalk.

Another, and the best method, is to hold the soiled portion of the article near a moderate fire, while another person gently rubs the spot with a very soft cloth (an old cambric handkerchief is best), until the spot entirely disappears. In a short time it will be impossible to tell precisely where the spot was, it will be so neatly and effectually obliterated.

To prevent moths.—Take of oven-dried best cloves, cedar, and rhubarb-wood, each one ounce; beat them to a powder, and sprinkle them in a box, or chest, where they will create a most delightful scent, and effectually preserve apparel against moths.

To wash thread lace.—Roll the lace very smoothly and securely, round a clean black bottle, previously covered with old white linen, sewed tightly on. Tack each end of the lace to keep it smooth; and be careful in wrapping not to crumple, or fold in any of the scollops or pearlings. After it is on the bottle, take some of the best sweet oil, and with a clean sponge, wet the lace thoroughly to the inmost folds.

Have ready, in a wash-kettle, a strong *cold* lather of clear water and white soap. Fill the bottle with cold water to prevent its bursting, cork it well, and let it boil in the suds for one hour, till the lace looks white all through. Drain off the suds, and dry the lace on the bottle in the sun. When quite dry, remove the lace from the bottle, and place it between the folds of a large book for a few days. It will require no ironing, and will have the appearance of new lace.

CHAPTER IV.

THE ART OF CONVERSING WITH FLUENCY AND PROPRIETY.

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A PRACTICAL VIEW OF THE SUBJECT—THE POWER EXERCISED BY LADIES IN CONVERSATION—HOW WIVES SHOULD SPEAK OF THEIR HUSBANDS, AND HUSBANDS OF THEIR WIVES—CONVERSING WITH GENTLEMEN—THINGS, WORDS, AND SAYINGS TO BE AVOIDED IN CONVERSATION.

A PRACTICAL VIEW OF THE SUBJECT.

A lady's influence in conversation.—Every woman whose heart and mind have been properly regulated, is capable of exerting a most salutary influence over the gentlemen with whom she associates; and this fact has been acknowledged by the best and wisest of men, and seldom disputed, except by those whose capacities for observation have been perverted by adverse circumstances.

Conversing with modesty and simplicity.—Always seek to converse with gentlemen into whose society you may be introduced, with a dignified modesty and

simplicity, which will effectually check on their part any attempt at familiarity; but never say or do anything that may lead them to suppose you are soliciting their notice.

An instance can scarcely be recalled of a lady, either by direct or indirect means, attempting to storm a man's heart into admiration, who did not effectually defeat her purpose, and instead of the coveted homage to her charms, awaken a feeling directly its opposite. What sight can be more pitiable or repulsive than that of a female, advancing in the vale of years, and leaving behind her all the youthful attractions she might once have possessed, and yet retaining her inordinate thirst for the society and admiration of gentlemen.

How to treat flattery.—If a gentleman approaches you with words of flattery, and profuse attentions, especially after a short acquaintance, extend no encouraging smile or word; for a flatterer can never be otherwise than an unprofitable companion. It is better, by a dignified composure, to appear not to notice, than, with smiles and blushes, to disclaim flattery; since these are frequently considered as encouragements for further effusions of these "painted words."

You may with propriety accept such delicate

attentions as polished and refined men are desirous of paying, but never solicit them, or appear to be expecting them. Ladies not unfrequently, as a matter of course, extend their hand to take a gentleman's arm before he has made any offer of such civility, but it is a mark of familiarity which has a most unfavorable appearance.

How to address young gentlemen.—Do not be tempted to indulge in another proof of feminine indecorum, which may be countenanced, but can never be sanctioned by example; that of addressing young gentlemen of your acquaintance, who are unconnected with you, by their christian names. It opens the way to unpleasant familiarities on their part, more effectually than you can well imagine, unless you have been taught the painful lesson by the imprudence of a friend.

Against deceptive remarks and representations.—Much of the civility of fashionable life savors strongly of deception. We refer not only to the habit which some ladies have of sending word to visitors that they are not at home, when they are only engaged, but to the painful regrets that are often expressed at the distance between calls; to the unspeakable joy which is manifested on meeting a

fashionable acquaintance; to the earnest importunity that is exhibited for early visits, when the truth is, in each case, that the real feeling is that of absolute indifference. Guard against duplicity in all its forms. Rely upon it, it is not necessary to true politeness.

Talking excessively.—Beware of talking too much; if you do not talk to the purpose, the less you say the better; but even if you do, and if, withal, you are gifted with the best powers of conversation, it will be wise for you to guard against excessive loquacity. By this, we do not advise you to yield to a prudish reserve; but even that would scarcely be a more offensive extreme than to monopolize the conversation of a whole circle.

Undue pretensions to learning.—Avoid even the appearance of pedantry. If you are conversing with persons of very limited attainments, you will make yourself far more acceptable, as well as useful to them, by accommodating yourself to their capacities, than by compelling them to listen to what they cannot understand. Possibly in some instances you may make them stare at your supposed wisdom, and perhaps they may even quote you as an oracle of learning; but it is much more probable that even

they will smile at such an exhibition as a contemptible weakness.

With the intelligent and discerning, this effect will certainly be produced; and that whether your pretensions to learning are well founded or not; the simple fact that you aim to appear learned, that you deal much in allusion to the classics, or the various departments of science, with an evident intention to display your familiarity with them, will be more intolerable than absolute ignorance.

Against sarcastic remarks.—Be careful also how you indulge in sarcasm. If you are constitutionally inclined to this, you will find that there is no point in your character which needs to be more faithfully guarded. There are some few cases in which severe irony may be employed to advantage; cases in which vice and error will shrink before it, when they will unhesitatingly confront every other species of opposition.

It too often happens, however, that those who possess this talent use it indiscriminately; and perhaps even more frequently to confound modest and retiring virtue than to abash bold and insolent vice. But be assured that it is a contemptible triumph that is gained, when, by the force of sarcasm, the lips of

a deserving individual are sealed, and the countenance crimsoned with blushes.

Speaking of the absent.—Never volunteer unnecessarily in speaking ill of anybody. You may indeed be placed in circumstances in which it may be proper and even necessary that you should express an unfavorable opinion of characters; that you should state facts concerning them of the most disagreeable nature.

What is objectionable is that you should do this when circumstances do not require it, and when no good will be likely to result from it; for it at once indicates a bad disposition, and is a means by which that disposition will gain strength. But in no case allow yourself to make any unfavorable representation of a character, unless you have ample evidence that it is accordant with truth. By neglecting to observe this suggestion, you may irretrievably injure an innocent person, and procure for yourself an undesirable name.

HOW WIVES SHOULD SPEAK OF THEIR HUSBANDS, AND HUSBANDS OF THEIR WIVES, ETC.

How a lady should speak of her husband.—A lady should not say "my husband," except among intimates; in every other case she should address him by his name, calling him "Mr." It is equally proper, except on occasions of ceremony, and while she is quite young, to designate him by his christian name.

Never use the initial of a person's name to designate him; as "Mr. P.," "Mr. L.," etc. Nothing is so odious as to hear a lady speak of her husband, or, indeed, any one else, as "Mr. B."

How a lady should be spoken of by her husband.—It is equally improper for a gentleman to say "my wife," except among very intimate friends; he should mention her as "Mrs. So-and-so." When in private, the expression "my dear," or merely the christian name, is considered in accordance with the best usage among the more refined.

Speaking of one's self.—When we speak of ourself and another person, whether he is absent or present, propriety requires us to mention ourselves last. Thus we should say, *he and I, you and I.*

THINGS, WORDS, AND SAYINGS, TO BE AVOIDED IN CONVERSATION.

Do not use the terms "genteel people;" "this, that, or the other, is very genteel." Substitute for them, "They are highly accomplished;" "He is a gentlemanly man;" "He has a gentlemanly appearance;" "She has the manner of a gentlewoman."

It is not in good taste for a lady to say "Yes, sir," and "No, sir," to a gentleman, or frequently to introduce the word "Sir" at the end of her sentence, unless she desire to be exceedingly reserved toward the person with whom she is conversing.

Do not use such words as "I guess," "I calculate," "I expect," "I reckon," too often, and, as they are generally used, out of place.

When relating a conversation, do not, at every few words, put in "says he," or "says she," which last is sometimes shortened into a continual "sheshe."

Interrupt no one while speaking, though it be your most intimate friend.

Laugh not at your own story; if it have any wit, it will be appreciated.

Speaking of any distant person, it is the height of rudeness to point at him.

Do not forget names, nor mistake one name for another. To speak of Mr. What-d'ye-call-him, or You-know-who, Mrs. Thingum, What's-her-name, or How-d'ye-call-her, is exceedingly coarse and unlady-like. It is the same to begin a story, without being able to finish it, breaking off in the middle with the exclamation "I've forgot the rest."

Always look people in the face when you speak to them, otherwise you will be thought conscious of some guilt; besides, you lose the opportunity of reading their countenances, from which you will much better learn the impression which your discourse makes upon them, than you possibly can from their words; for words are at the will of every one, but the countenance is frequently involuntary.

Do not repeat the name of the person to whom you are speaking, as "Indeed, Mr. Stubbs, you don't say so, sir,"—or "Really, Mrs. Smith, I quite agree with you, Mrs. Smith." It is a sufficiently bad habit in an equal, but in one of lower rank it becomes an impertinence.

There cannot be any practice more offensive than that of taking a person aside to whisper in a room with company; yet this rudeness is of frequent occurrence—and that with those who know it to be improper.

CHAPTER V.

THE WHOLE ART OF CORRECT AND ELEGANT LETTER-WRITING.

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USEFUL HINTS AND RULES FOR LETTER-WRITERS—SELECTING MATERIALS FOR WRITING—DUE ARRANGEMENT OF WHAT IS TO BE WRITTEN—MODELS OR PLANS FOR VARIOUS LETTERS AND NOTES PERTAINING TO DOMESTIC MATTERS, LOVE, MARRIAGE, ENTERTAINMENTS, ETC., ETC.

Useful hints and rules for letter-writers.—In answering a letter, always attend to any questions or inquiries for information which may have been addressed to you by your correspondent before you proceed with your own thoughts and information.

Avoid the introduction of too many quotations from other authors, particularly those in a foreign language; it is ridiculous affectation to write a Latin or French phrase, when an English one would do just as well; it is as bad as talking in a technical language to a person who knows nothing about it.

Never use hard words unnecessarily; nor particular words or phrases too often; use as few parenthe-

ses as possible; it is a clumsy way of disposing of a sentence, and often embarrasses the reader.

Correct spelling and good grammar are so essential to fine writing that the absence of them destroys the force of the best sentiments.

THE REQUISITE WRITING MATERIALS.

Kind of paper.—The choice of materials for writing, without being very essential, is yet necessary; to write on very coarse paper is allowable only for the most indigent; to use gilt-edged, and perfumed paper for business would be ridiculous.

The selection of paper ought always to be in keeping with the person, age, sex, and circumstances of the correspondents. Ornamented paper, of which we have just spoken; paper bordered with colored vignettes, and embossed with ornaments in relief upon the edges, or slightly colored with delicate shades, is designed for young ladies, and those whose condition, taste, and dignity, presuppose habits of luxury and elegance.

Distinguished persons, however, reasonably prefer simplicity in this thing, and make use of very beautiful paper, but yet without ornament.

A whole and clear sheet of paper necessary.—It is extremely impolite to write upon a single leaf of paper, even if it is a billet; it should always be double, even though we write only two or three lines. It is still more improper to use for an envelope paper on which there are a few words foreign to the letter itself, whether they be written or printed.

Size of sheet, spaces, margin, etc.—Letters of petition or request should be in folio, that is to say, upon a sheet of paper in its full size; the margin should be very broad, say, two or three inches.

If we are writing to a superior, we should leave large spaces between the lines. Also, commence the letter quite low down upon the sheet, and be particular not to crowd the writing, as it is considered disrespectful, especially if our correspondent be elderly. In writing a familiar letter, it is as well to begin near the top of the sheet, and write compactly, but legibly, leaving a small margin, or none if preferred.

Dating.—The date of a letter may be put at the beginning when we write to an equal; but in writing to a superior it should be at the end, in order that the title at the head of the letter may be entirely alone.

In letters of business, it is necessary to date legibly and correctly at the top, on the first line, so that it may be quite perspicuous. In a simple billet, we put the day of the week, and the hour of the day, if we please, in small hand, at the bottom of the note.

Folding and sealing.—Every letter to a superior ought to be folded in an envelope. It shows a want of respect to seal with a wafer; we must use sealing-wax. Men usually select red; but young ladies use gilt, rose, and other colors. Both use black wax when they are in mourning. Except in this case, the color of the seal is immaterial, but not the size, for very large ones are in bad taste The smaller and more glossy, the better, and more tasteful the appearance. Although sealing-wax is preferable, still we must sometimes avoid using it; it is when we are afraid the letter may be opened.

When the letter is closed with or without an envelope, we put only a single seal upon it; but if the letter is large we use two. If it contains important papers it should have three seals or more, according to the size of the envelope.

If a friend takes charge of a letter as a favor, it would be quite impolite to put more than one seal upon it. If the letter should be folded in such a manner that, by opening it at the end, its contents

may be read, it would be equally regardless of delicate propriety to put a little wax upon the edges. This precaution is only to be used when the letter is sent by post, or an untried domestic.

When we use no envelope, and the third page of the letter is all written upon, we should leave a small blank space where the seal is to be put; as, without this precaution, many very important words may be lost, especially if it is a business letter.

Style of addressing different persons.—If a person has many titles, we select the highest and omit the others.

The use of the pronouns *he* and *she* should be avoided in billets of invitations, regrets, acceptances, etc., on account of their liability to confuse the mind as to whom precisely such pronouns refer.

Unceremonious billets may commence in this way; "Mr. and Mrs. N. present their respects to Mr. and Mrs. Such-a-one, and request," etc.

We do not pretend to regulate, by any ceremonial, the sentiments of the heart, but it is in good taste to abstain from too frequent use of endearing epithets, especially when they are not truthful; such as, "*Your tender, sincere, constant and faithful friend.*"

Manner of commencing and closing.—The manner of addressing a lady should always be tinged with a degree of respect, especially if the communication proceed from a gentleman. A trifling style when addressed to superior persons is quite intolerable. In closing a note, always use some of the established forms of politeness, such as "*I am, dear madam, with sincere regard, yours, etc.*," or "*Believe me, my dear sir, with much respect*," etc.

Proper arrangement of what is to be written.—When you write upon any subject, consider it fully before putting it upon paper, and treat of each topic in order, that you may not be obliged to recur to any one again, after having spoken of another thing, as it confuses the mind.

If you have many subjects to treat of in the same letter, commence with the most important; for if the person to whom you write is interrupted while reading it, he will be the more impatient to resume the reading, however little interesting he may find it.

It is useful and convenient to begin a new paragraph at every change of the subject.

Letters of introduction.—A letter which is to be shown, as a letter of introduction, or recommenda-

tion, should never be sealed, since the bearer ought necessarily to know the contents. And to seal it, without first having allowed the bearer to read it, would be extremely impolite. You should prove to the person recommended that you have spared no pains to render him a service.

MODELS AND PLANS FOR VARIOUS LETTERS AND NOTES PERTAINING TO DOMESTIC MATTERS, FRIENDSHIP, LOVE, MARRIAGE, ENTERTAINMENTS, ETC., ETC.

Invitation to a pic-nic party.

MY DEAR MISS WELBY;

I am endeavoring to form a small party to visit Lenox on Tuesday next. We propose to make the trip by water, and have engaged a boat of good capacity with an excellent awning. Some of the gentlemen who are already engaged to join our party, have promised to row, and our boat will be amply furnished with a cold collation.

On reaching Lenox, we purpose to repair to the wood or park, and then on "Nature's verdant carpet," to spread out our chickens, and hams, and pastries, and fancy we are leading a sylvan life. Should you have no prior engagement, will you do us the favor of forming one of the party? Your

company will indeed be most welcome. Mrs. M. and your friend Jennie, with a few others, will be of the party. Should the weather permit, we shall start as early as nine o'clock, by which hour we expect our party will all be assembled at Mrs. Sibley's, that place having been decided upon as being most convenient.

Your affectionate friend,

FRANK WALLIS.

A lady to her friend in town, inviting her to spend a month in the country.

MY DEAR FRIEND;

I need scarcely tell you what you must have observed, that I always feel a pleasure in your society, and am selfish enough, on the present occasion, to covet it for a month, or for a longer period should it suit your convenience. If, therefore, you are not so wedded to the attractions of a New York life, as to be unwilling to leave them for a time, and will do us the favor of making our humble and rural retreat your temporary abode, your presence will enliven our family circle, and be a real enjoyment to

Your sincere friend,

MARION WILLIS.

A lady to her friend, informing her of her intended marriage, and engaging her as bridesmaid.

MY DEAR JANETTE;

You have witnessed the attentions which have so long been paid me by Mr. Weston, and are of course aware that he has addressed them to me as suitor. I can assure you it has not been without a very close scrutiny into his moral character, his temper, tastes, ideas, and habits, that I have come to the conclusion of being his partner in the wedded life. His disposition is always cheerful. I know him to be a man of the nicest honor, and I rejoice to say, as I have hitherto found, that we seldom fail to coincide in our opinions; which shows, at least, that we are actuated by the same tastes. I have, therefore, every reasonable prospect of enjoying happiness in the married state, for which I am convinced from your friendship to me, you will cheerfully offer me your congratulations.

The day of our union has at length been decided, and the mention of this brings me at once to the chief purport of my letter, which is that of inviting you to become my bridesmaid. Allow me to promise myself this favor. The last day of this month has been fixed upon as the auspicious day, upon which, if you have no other engagement, may I rely

upon seeing you? An early reply, and if possible a favorable one, is the earnest wish of

Your affectionate friend,

NELLIE HART.

The lady affirmatively, and congratulating her friend on her intended marriage.

MY DEAR NELLIE:

No one, I believe, can be more desirous to hear of your welfare, and your prosperous settlement in the marriage state, than myself; I am sensible of your worth, your goodness of heart, your rectitude of principle, and your warmth of friendship. Enviable among men will be he who is destined to become your partner for life; and fortunate indeed was Mr. Weston in that introduction which first presented you to his notice.

Your friendly letter, in which you announce your intended marriage, now lies before me, and I must say that I feel highly favored in your preference of me to become one of your bride's maids. You could scarcely have preferred any request with which I would more gladly comply.

Expect, therefore, to see me on the day you mention, which I shall look forward to with some impatience as the day on which the happiness of a dear

and valued friend is to be consummated. Adieu till then, and believe me

Your sincere and affectionate friend,

JANETTE MISNER.

A lady in answer to a letter in which her suitor intimates his wish to discontinue acquaintance.

SIR:

I acknowledge the receipt of your last letter, which now lies before me, and in which you convey the intimation, that the position in which, for some time past, we have regarded each other, must henceforth be abandoned.

Until the receipt of this letter, I had regarded you in the light of my future husband; you were, therefore, as you have reason to know, so completely the possessor of my affections, that I looked with indifference upon every other suitor. The remembrance of you never failed to give a fresh zest to the pleasures of life, and you were in my thoughts at the very moment in which I received your letter.

But deem me not so devoid of proper pride as to wish you to revoke your determination, from which I will not attempt to dissuade you, whether you may have made it in cool deliberation, or in precipitate haste. Sir, I shall endeavor to banish you from my affections, as readily and completely as you have

banished me; and all that I shall now require from you is this, that you will return to me whatever letters you may have of mine, and which I may have written under a foolish confidence in your attachment, and when you were accredited as the future husband of,

Sir,

Yours as may be,

HENRIETTA ALLSTON.

A lady on declining further addresses.

SIR:

In my behavior toward you, of late, you have no doubt observed a certain alteration in my speech and manner, amounting perhaps to coolness, or you may have thought, aversion; if so, you will be less surprised at the receipt of this letter, which is meant to intimate that your addresses to me must henceforth cease. It is true that many protestations of a sincere attachment have passed between us; but, Sir, those protestations were made under the supposition that neither party would descend to deception; this you have done; in what particular I will not advert to, since your own consciousness will not fail to satisfy you fully on that point.

The subject of my letter will not admit of my being prolix; I have, therefore, only this to add, that

I expect you will return whatever letters you may have of mine in your possession. I herewith send you yours, also certain presents, which I wish no longer to regard as mine, and which I received from your hands, when I believed you incapable of deception, or of wounding the happiness of,

Sir,

Yours disappointedly,

MARY BENTON.

A young lady to her mother, on entering a boarding-school.

TROY, *Jan.* 1*st*, 1855.

MY DEAR MOTHER:

As you are, no doubt, desirous to hear whether I am both well and happy in the new scene of life to which I have been introduced, I avail myself of the first opportunity to ease your anxiety upon this subject. My health has been uniformly good since we last parted; indeed, I may say that it is rather improved, owing, probably, to the change of air, and the regulations made in regard to our diet, duties and exercise.

On missing your company, and that of my father, sisters, and brothers, and meeting with a number of new associates in the persons of my school-fellows, I felt myself at first in rather low spirits, and it was some time before I could reconcile myself to the loss

of the comforts and indulgences of home. But I have now surmounted all unpleasant feelings in these particulars, and can truly say that I am as contented and happy, almost, as I used to be at home; I will not say quite, since I am separated from the presence of my dear parents.

You may gather, therefore, from what I have said, that I have no cause to find fault with any one of those in whose charge I have been placed, or with any of my school-fellows; indeed, I am confident that in a short time I shall have formed some delightful friendships. I feel assured that this favorable intelligence will give you delight; and may I hope soon to be cheered by news equally satisfactory from my much loved home? Believe me, my dear mother,

Your affectionate daughter,

ANNIE WHARTON.

Declining an invitation.

Miss Williams presents her compliments to Mrs. Granville, and begs to acknowledge the receipt of her kind invitation for next Tuesday evening. Unfortunately a previous engagement for that very evening will prevent her from accepting.

5th Avenue,
Saturday, P.M.

A lady to her daughter at school.

MY DEAR GRACE:

I am not so forgetful of my own school-days as not to remember with what interest I used to await intelligence from home. I can therefore enter into your feelings upon this subject, and doubt not you have long been anxious to hear either from myself or your dear father. We are all well at home, which fact I know will give you pleasure. I should have written before this time, had it not been that I was anxious to send you a few requisite articles of clothing, and also a few presents from your sisters. You will doubtless be pleased with them, and will exercise your usual discretion in their disposal.

It is my earnest hope that you will pay the strictest attention to the invaluable instructions afforded you by Mrs. Magoun, as well as that of your other teachers, so that when your vacation shall next allow you to visit home, I shall find you improved in every kind of useful knowledge to which your attention may have been directed.

As soon as your studies will permit, do not omit to write us every particular with regard to your health and happiness. And should you be in need

of any additional articles to administer to your com fort, do not be backward in writing to that effect.

With the kindest love of *all* at home, I remain,

Your always affectionate mother,

RUTH F SINCLAIR.

A lady on receiving proposals from a gentleman who wishes to pay his addresses.

SIR:

The attentions which you have so long and so assiduously shown to me have not escaped my notice; indeed, how could they, since they were directed exclusively to me, and in preference to others who, for personal attractions and mental endowments, had far higher claims to your consideration? Yet, as I could not fail to notice, you seemed insensible to their presence: on me your regards appeared to be fixed; in me your thoughts appeared to centre; studious of my looks, my words, my actions, you were constantly alive to the anticipation of my faintest wish, and eager to gratify that wish, even at the sacrifice of your own convenience. I admit the truth, that, pleased and flattered by such attentions, I fondly endeavored to persuade myself that attachment toward me had formed itself in your breast.

Judge, then, what must have been my feelings on

reading the contents of your letter, in which you propose to pay your addresses, in a manner, the object of which cannot be mistaken—that I may regard you as my acknowledged suitor, and that you have chosen me as the one most likely to contribute to your happiness in the married state.

On consulting my parents, I find that they do not object to your proposal; therefore, I have only this to add—may we still entertain the same regard which we have hitherto cherished for each other, until it shall ripen into that affection which wedlock shall sanction, and which lapse of time will not allow to fade.

Believe me to be,

Yours, sincerely attached,

ISIDORE Mc CULLOM.

A lady refusing proposals.

SIR:

Surely there must have been something in my behavior toward you, upon which you have set a misconstruction. Of what it consisted I am wholly unconscious; but that such has been the case, I feel convinced by an attentive perusal of your letter, which I have just received. I assure you that I feel much flattered by you preference of me, as well as by your proffer of our becoming mutually better

acquainted; but with every feeling of regard toward you, I beg respectfully to decline your addresses. What my reasons may be for so doing, you will not, I trust, inflict upon me the pain of declaring; suffice it to say, that I cannot admit them, and I confidently hope that henceforward you will feel the propriety of not recurring to this subject.

If, from any motives, you should still urge your suit, by making an appeal to my parents, I may venture to declare that such an appeal would be unavailing. I am satisfied they would never thwart my wishes in an affair of this delicacy, and in which my happiness is so much involved. With my best wishes for your future welfare, allow me to subscribe myself,

Yours, most respectfully,

ELLEN HAPGOOD.

A lady on receiving from her suitor an apology for some offence.

DEAR SIR:

The acknowledgment of your error, contained in the letter I have just received, does honor to your feelings, and serves to convince me that, though you had swerved from that good sense which is the usual guide of all your actions—accidentally, I believe, I cannot now think designedly—you are still the same

both in head and heart, the man of honor which I have ever been wont to esteem you.

That you had offended me, I have not attempted to disguise from you; but the apology which you have made is so satisfactory that it dissipates from my mind that feeling of displeasure which your late conduct had given rise to.

Henceforth let us banish this painful subject from our recollection; the sensible and manly letter which you have this day sent has reconciled you to me, and determined me to subscribe myself,

Yours, still sincerely,

CATHARINA VAN BRUNT.

A lady expressive of her apprehensions that her suitor has transferred his affections.

DEAR SIR:

Our acquaintance with one another has now continued for some space of time, during which an intimacy, guided by the nicest sense of propriety, has existed between us. Emboldened by this intimacy, I now address you, though the subject is one of a painful nature, at least to my feelings, as I doubt not it will also prove to yours; therefore, forgive me since the warmth of my attachment has impelled me to write.

Need I remind you that our vows of constancy have long been pledged, and often reiterated—more times than I can number. My own attachment to you has been most sincere; but I have remarked of late, and I cannot conquer my desire of saying it, that your behavior toward me has seemed to partake of an unwonted coolness, which nothing, I am convinced, upon my part, could have given you the slightest cause for showing. I have asked myself, "Is it likely that another has usurped my place in your affections?" and when I have endeavored to call to mind in what society of unmarried ladies I have seen you, I find there is one object toward whom, if I truly declare my feelings, I must frankly admit that I feel myself *jealous*; yes, I have said the word, and I do not wish to disguise that jealousy has prompted me to write this letter.

If my suspicions shall prove to have been groundless, ease my anxiety by a few brief lines to that effect. They will not fail to re-assure me, and convince me that a place in your affections is still retained by,

Yours, most sincerely,

HELEN MAR WILLETT.

A widow in answer to proposals.

DEAR SIR:

I take the first opportunity of acknowledging the receipt of the flattering letter with which you have favored me. You are desirous to know whether I am willing to enter again into the marriage state, and in event of my being so, whether I should be adverse to admitting you in the quality of a suitor.

I assure you, sir, I feel much flattered by the latter question; and as to the former, I can only say, that, from past experience of a wedded life, I have no dislike of entering again into that state. But our acquaintance is at present imperfect, and we are mutually strangers to the tastes and tempers of each other. I need scarcely observe that an intimate knowledge upon these heads is absolutely requisite for either party, before we can decide whether we are fitted for enjoying together a partnership in life.

I have no objection to allowing such facilities as shall enable us both to arrive at this knowledge; wherefore, I have only to say, in conclusion, that the commencement of your addresses will meet with no obstacle from,

Dear sir,

Yours most respectfully,

MRS. L LINCOLN

From a lady after marriage, to an unmarried cousin.

DEAR COUSIN:

I have now changed my name, and instead of liberty must subscribe wife. What an awkward expression, say some; how pleasing, say others. But let that be as it may. I have been married these three months, as you know, and I can freely acknowledge that I never knew happiness till now. To have a real friend to whom I can communicate my secrets, and who, on all occasions, is ready to sympathize with me, is what I never before experienced. All these benefits, my dear cousin, I have met with in my beloved husband. His principal care seems to be, to do everything possible to please me, and is there not something called duty incumbent upon me? Perhaps you will laugh at the word duty, and say that it imports something like slavery; but nothing is more erroneous; for even the life of a servant is as pleasant as any other, when he obeys from motives of love instead of fear. For my own part, my dear cousin, I cannot say that I am unwilling to be obedient, and yet I am not commanded to be so by my husband.

I recall instances in which you have spoken contemptuously of the marriage state, and I believe

your reasons were that, the most of those you had known were unhappy; but that is an erroneous way of judging. It was designed by the Creator, that, congenial persons should live together in a state of society; they should be mutual helps and comforts to each other; and if they should be blessed with chidren, to assist each other in giving them a virtuous education. Let me therefore beg my dear cousin that she no longer despise the state for which she is so well adapted, and which is calculated to render her happy.

Of course, I refer only to such unions as are appropriate and judicious; not hasty or ill-judged matches, the result of mere youthful indiscretion, or of animal passion. But your own good sense will best explain to your mind what I am desirous to have you appreciate.

My kind husband and myself will take a real satisfaction in entertaining you to the best of our ability, if you will agree to pass a month with us soon. With our best regards,

I am, as ever, your cousin,

GERTRUDE LANDERS.

From an aged lady in the country to her niece in New York, cautioning her against keeping company with gentlemen of bad reputation.

DEAR NIECE:

The sincere affection which I now have for your indulgent father, and ever had for your virtuous mother when she was alive, together with a tender regard for your future happiness and welfare, have prevailed on me to write you what I have heard concerning your too unguarded conduct, and the too great freedom you manifest when in the company of a certain Mr. Buxby. You have been seen with him at the theatre, at Niblo's, at the Museum, as well as promenading Broadway!

Do not imagine, niece, that I write this from a principle of ill-humor; it is on purpose to save you from ruin; for let me tell you, your familiarity with him gives me no small concern, as his character is extremely bad, and as he has acted in the most ungenerous manner to two or three estimable young ladies of my acquaintance, who entertained too favorable an opinion of his honor.

It is possible, my dear girl, as you have no great fortune to expect, and as he has an uncle from whom he expects a considerable estate, that you may be

tempted to imagine his addresses an offer to your advantage; but that is a matter beyond question; for I have heard that he is deeply in debt, as also that he is privately engaged to a rich old widow in the Jerseys. In short, he is a perfect libertine, and is ever boasting of the frailty of our sex, and adducing proofs to sustain himself.

Let me prevail on you, my dear niece, to avoid his company as you would that of a madman; for, notwithstanding, I still hope you are strictly virtuous, yet your good name may be irreparably lost by such open acts of imprudence. I have no other motive but an unaffected zeal for your interest; and I flatter myself you will not be offended with the liberty taken, by

Your sincere friend, and affectionate aunt

MRS. CLARA UPTON.

The young lady's answer.

HONORED MADAM:

I received your letter, and when I consider your reasons for writing, I thankfully acknowledge you my friend. It is true, I have been at those public places you mention, along with Mr. Buxby, but was ignorant of his real character. He did make me

proposals of marriage, but I told him I would do nothing without my father's consent. He came to visit me this morning, when I told him that a regard for my reputation obliged me never to see him any more, nor even to correspond with him by letter, and you may depend on my adhering to my resolution.

In the mean time, I return you a thousand thanks for your friendly advice. I am sensible every young woman should be careful of her reputation, and constantly avoid the company of unprincipled flatterers.

To convince you of my sincerity, I shall leave New York in about six weeks, and will call and see you after I have been at my father's.

I am, honored madam, your obliged niece,

FANNIE HALL.

CHAPTER VI.

ELEGANT FANCY NEEDLEWORK, KNITTING, NETTING, CROCHET, EMBROIDERY, ETC., ETC.

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ELEGANT FANCY NEEDLEWORK, KNITTING, NETTING, CROCHET, EMBROIDERY, ETC., ETC.

EXPLANATION OF STITCHES, AND OTHER USEFUL INFORMATION.

Foundation chain.—The chain is formed by tying a loop at one end of the cotton; insert the needle in the loop, draw through it another moderately tight; continue to draw one loop through the other in this manner till the chain is of sufficient length for the article required.

Chain stitch.—Draw the thread through the loop on the needle.

Single crochet.—Keep one loop on your needle; put the needle through the upper edge of the chain, and draw the thread through the chain stitch and the loop on the needle at the same time.

Double crochet.—Insert your needle into the upper edge of the chain stitch on the work, and draw the thread through the work; then through the two loops on the needle.

Double long crochet.—Catch, or place the thread *twice* round the needle before you insert it into the work; then draw the thread through the work, then through one loop, and then through *two* loops successively, until you have drawn the thread through all the loops on the needle.

Long or treble crochet.—Catch the thread round the needle before you insert it in the work; draw the thread through the work, then through one loop, then through two loops, then through the *two* loops remaining on the needle.

Treble long crochet.—The same as double long crochet, with the simple difference of the thread being put three times round the needle instead of twice.

Open crochet.—Catch the wool round the needle before you insert the needle into the work; draw the thread through the work, then through one loop,

then through two loops, again through two loops, and then through one loop.

To carry on two threads at the same time.—Place the thread you are not using over the first finger of your left hand, and when you draw the thread you are using through the work, take it below the one you are not using; and when you draw it through the loops on the needle, catch the thread up above the one over your finger. Of course, you can only carry on two threads when you work in double crochet stitch.

Round—is when you continue working all round any piece of work.

Row—is when you work back and forwards, or from end to end of your work.

Increase.—Put your needle thrice in the same stitch.

Decrease.—Put your needle into two stitches at the same time, or miss a chain stitch.

To fasten on.—Tie the cotton to the first stitch, leaving an end; work this into the first stitches.

To fasten off.—Cut off the cotton, and draw it tightly through the last loop.

Variegated crochet.—For working colored patterns in double crochet. After working a few rows of the grounding color, fastening off at the end of each row, working from right to left, commence with both colors, say a purple ground with amber pattern; the ends of the wool must be hidden at the back; this is done by keeping the color you are not using laid along at the back of the loops; and in working the other color, taking the first half of the stitch under it, and the other over it: this quite conceals the wool, carrying it on till it is required again. To make the pattern correct, a half stitch is required at each end, or the work will appear drawn aside; so if the pattern you are working should be eight stitches of the purple ground, and two of the amber pattern, you must work seven stitches of the purple and half of the eighth stitch, finishing the stitch with the amber; then work two whole stitches with the amber, and half of the next stitch, finishing with the purple; these half stitches must be scrupulously attended to, and after a trial will be found perfectly easy of execution.

To work with beads.—The beads must be threaded on the silk, but can only be worked on what is usually called the wrong side of crochet; draw a bead close up to the work, then make the stitch, which will keep it quite firmly in its place; any of the patterns used for variegated crochet, are also available for bead work.

To join one piece of work to another.—Take the needle out of the loop you desire to join to another piece of work. Put it in the loop of the latter at the place to be joined, and draw the former loop through the latter.

To commence a round in treble stitch.—Work three chain stitches to make the round of the desired height, which three chain stitches are equivalent to the first treble stitch.

To commence a row in double crochet.—Put the thread round the needle so as to form a loop. For a row of treble, put the thread round as before, and put it over again as in a treble stitch.

Newly-invented crochet chain stitch.—Take any two colors, fasten them together, make a loop with *both*, then holding them a little apart, work with

each color alternately; the loop thus left on what has hitherto been the *wrong* side of the chain, constitutes a new and pretty face to it. In working, care must be taken not to twist the wools or cottons.

Each stitch in the description of the patterns is to be repeated until the round, or required length is obtained.

The words loops and chain stitches, signify the same.

When choosing wools of different shades for crochet work, it is not necessary that the shades be so near in resemblance with regard to color, as for knitting; the effect indeed being better when the shades are not too close.

Toilet cushion.—Half an ounce of Berlin wool, of a dark cherry color, or currant, 5 pieces fine black chenille, 3 oz. colored silk,

1st Row.—Cast 90 stitches with the chenille. 2nd Row.—In wool. 14 double, in the 15th work 3, afterwards 13 double; omit the 14th, 13 double, omit the 14th, etc. 3rd Row.—Like the 2nd, always making 3 on the middle stitch of the 3rd of the preceding row, and at the same places.

This crochet is worked backward and forward, always taking the backside of the loop. The first and last stitch of each row must be diminished.